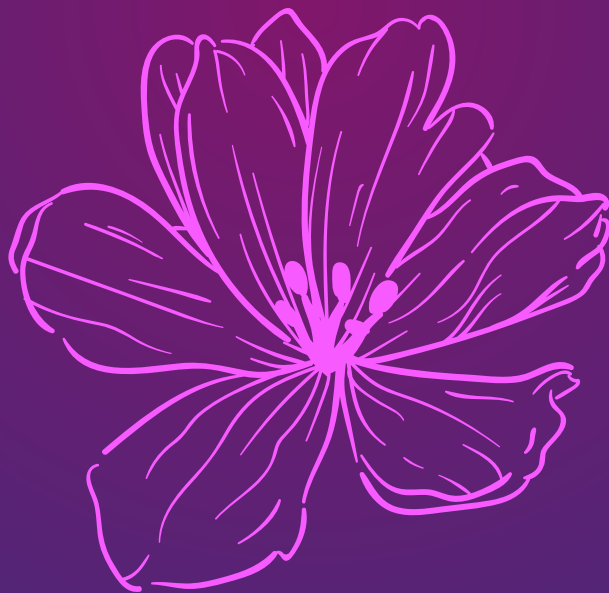


# IT STARTS WITH YOU

15 WAYS TO BE YOUR OWN BFF



ANGELINA FROST

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## 15 WAYS TO BE YOUR OWN BFF



ANGELINA FROST

“Whatever you can do, or **dream** you can, begin it. Boldness has genius, power, and magic in it.”

~Goethe

In one of my favorite books on time management, First Things First, Steven Covey says, “Get to the important stuff, first.” Covey effectively illustrates why the important, not the urgent, needs your first attention.

## FIRST THINGS FIRST

Why not the urgent, first?

Because the important stuff matters more.

The urgent will get handled because it is urgent. But, the important might get attended sometime later - if at all - because it *isn't* urgent. Still, this does not make it less important.

Getting a handle on this in my life has changed everything in so many good and unexpected ways that it seems strange to believe that I ever lived another way. I used to always be busy, always in a rush. Not to mention a stick in the mud.

As I learned to live my life with an eye on the important versus the urgent, I noticed that I started making different choices and slowing myself down without necessarily intending to. During those days, each time I chose to slow down to look at situations through the important/urgent filter, I felt both relief and like I was taking a faith-leap.

Because I was in survival mode in those days, it took a long while for me to warm up to the idea, but the more I thought about it, the more courage I found to slow things down. As I reflect on that transition time for me, what surprises me now is that the act of slowing down did require courage. My internal shift happened over a couple years. Now, seven years since first considering this subtle but important distinction between important and urgent, I seem to have lost the ability to rush. Interestingly, my chronic stress and tardiness are no longer even visible in the rearview mirror. If rushing is your way of life, you know how that habit colors your moment-to-moment experience.

As it happens, many people live their lives attending primarily to the urgent, and too often overlooking the important. Children leave home, parents pass on, friends and loved ones move or change and too many people find themselves without direction or purpose and lamenting missed opportunities to share time and love. This is affirmed in the increasingly high rates of depression and anxiety in this country. These conditions are so common today that we have come to see as normal.

There seems to be an importance deficiency among us.

Sharing time with loved ones isn't urgent. Meditating, having an apple instead of chips, getting in your daily walk or dose of inspiration isn't urgent. Yet, when you think about the good that comes from those moment-to-moment choices, there's no arguing that these things are very important.

Burn-out is the result of attending to the urgent first. That practice leaves us empty, uninspired, with broken down connections, and a sense of being behind the eight-ball; always going, but never 'getting there'. That's when the important stuff like your health, your family, your friends—the stuff that makes your life a pleasant place to be—starts to break down.

It makes sense, doesn't it? Notice how I mention your health first? Humans are multi-faceted, whole beings with at least four distinct aspects: spiritual, mental, emotional and physical. Each aspect is equally important, and if any aspect suffers neglect, all aspects suffer. Notice how only one of those aspects can be seen with your eyes?

Yes. Life is busy. Sometimes so busy that it's easy to lose sight of your dreams. If you're partnered with a full-time job and kids, it's even more challenging; which makes the subject matter of this paper—your wellbeing—that much more important.

If you don't intentionally carve out a little time every day to move your life forward and grow, time for self-care, family and service will get lost in the vacuum of an already crowded life. Before you know it, you'll be wondering where all the time went. Professor Harold Hill said, "You pile up enough tomorrows, and you'll find you are left with nothing but a lot of empty yesterdays." I say, if you want a different life, do your life differently.

### Progress, Not Perfection

If you're like me, changing or maintaining your daily routine can be challenging. One objective of this paper is to inspire you to get back to the basics of being well. In the end of this book, you will find a short questionnaire that will illuminate where you are in your wellbeing journey. The last item invites you to take a moment to consider what wellbeing is for you. As you read on, keep this curiosity in the back of your mind: "What does the concept wellness or wellbeing mean for me?" Another question to consider is, "How do I know when I'm well in my being?"

Including even just some of the following items in your daily routine will be better than if you include none of them—especially when you include the mindfulness activities which take no time, at all. Of course in the beginning, there will be some days that are better than others. This is fine. Perfection is not the point of this routine. This game is about progress and the willingness to grow.

If we are going to strive for perfection, let's reclaim this concept so that it means what A Course In Miracles says it means: 'Perfection is that which is so--exactly *as it is*.' Within this definition, there is more room for our human-hood and for deep appreciation for the gifts that we are.

One hint to getting as much as you can from this game: should you choose to embrace (or turn up the volume on) any of what you find in this paper, it will be way more fun for you if you play at it—rather than work at it. There's plenty of work in your life. We don't need more of that.

### Getting Out of Survival

For many of us, so much time is taken up with the nonessential and trivial—waiting in line, or in traffic, waiting for the next big break, for that song to end, the storm (or pandemic) to pass, for the market to change... This 'waiting' way of living leaves one with a sense of lacking the option, time or energy to build toward the meaningful. That state is referred to as 'survival mode'.

Are you in survival mode? The commonly held “that’s life” mentality most of us learned might leave you with a sense of choice-less-ness, or at a loss for what your choices might be. Even if you know that you could take your life into your own hands, exactly how to do this might not be so obvious.

## **Self-Care is a priority and necessity - not a luxury -**

### **How Did We Get Here? Now where?**

Just one generation ago, it was expected that the average Joe and Josephine live life on other people’s terms—whether it be their family’s, their boss’ or society’s. With the changing times, you may have noticed

the wave of entrepreneurialism sweeping the global economy. In that, you might also notice a growing consciousness that with a strong, clear intention and a shift in how you show up for yourself—you can live every moment of your life on your terms. Think about that for a moment. Can you imagine?

At the moment that you remember that you design your destiny—that you have that ability and even the ‘response-ability,’ that you get to choose, that you must choose—your life becomes your own, perhaps in such a way as never before.

It is a good day when you decide to take the helm of the ship that is your life—when you fully understand that if you don’t, someone else will. The good news is that it isn’t as challenging to claim ownership of your life as you might think. If approached with the open-mindedness you might have when playing a game, you can create this shift to be fun. Get a few friends in on your wellbeing game and it’s a party.

### **A Short Daily Routine**

How you experience your life will be transformed dramatically, and almost immediately if you play this game, in earnest. The following may seem like a long list, but much of it consists of things you already do, without acknowledging the goodness you’re doing for yourself.

It’s simple:



- Wake well-rested
- Oxygenate
- Hydrate
- Write it out
- Get in the zone
- Get moving
- Put the right food in your body
- Get ready
- Get inspired
- Get perspective
- Do something to move you forward
- Find time to PLAY
- Give yourself approval, daily, throughout the day
- Take time to ‘have what you have’
- Make contact with FLOW – then GO!!

**NOTE: If necessary, disperse the following list among the breaks throughout your day.**

**\* \* \***

# 15 Ways to Be Your Own Best Friend, Forever!

## Add, alter or omit routine items to make this routine work for YOU

### 1. Sleep – 7 Hours Minimum, Nightly

Sleep is as important as eating whole foods and drinking plenty of pure water. Despite this, millions of people do not get quality sleep and experience problems as a result.

The National Sleep Foundation conducted surveys that revealed that at least 40 million Americans suffer from sleep disorders of more than 70 kinds. Not only that, 60% of adults, and 69% of children, experience one or more sleep problems a few nights or more during any given week.



More than 40% of adults experience daytime sleepiness severe enough to interfere with their activities at least a few days each month-- with 20% reporting problem sleepiness a few days per week, or more.

On the flip side, quality sleep is linked to:

- Increased memory
- Longer life
- Decreased inflammation
- Increased creativity
- Increased attention and focus
- Decreased fat and increased muscle mass with exercise
- Lower stress
- Decreased dependence on stimulants like caffeine
- Decreased risk of getting into accidents
- Decreased risk of depression

There are many more good reasons to find your way to plenty of sleep and just as many non-pharmaceutical ways to regain it.

Because I am of the mind that if my problem is small enough that a pill can help me with it, then I probably can and prefer to heal it myself. Putting a Band-Aid on a symptom rather than addressing the underlying issue is one way, but it does not work out to be a sustainable way.

Have you considered that difficulty sleeping might be a symptom? Do you know that you can train yourself to sleep well? If you're not into pills but need help sleeping, get creative. Some herbs helped me sometimes, but I found that finding a constructive way to use my mind at sleep time was more helpful for me when it came to long-term solutions that I could live with.

My favorite sleep training comes from The Silva Method. It's simple and effective. That's a powerful combination, especially when you're fatigued because of sleep issues.

The rest of this paper is worthless if you don't make sleep a priority. What does it matter if you wake up at 5am if you were awake until 2am? You might use coffee or an energy drink to compensate, but that is not sustainable. In the long run, your health will fall apart. Let your first health goal be long-term sustainability.

## 2. Breathe Deeply – 5-10 minutes

Did you know that you can literally feed yourself with oxygen? The Wim Hof Method has been another one of those super simple absolute game changers, for me. As is so with water, I can't say enough about air and how your body uses it. Obviously, without it, there is no life, but there is more to it than that. Plus, unless you're driving or walking, you can use this practice anywhere there is air, even while watching a movie or listening to a podcast.

Following are the science-proven benefits of this breathing exercise:

Benefits
Boosted energy levels
Lowered stress level (instantly – after each session)
Your immune system becomes stronger. This will help you prevent illnesses
Better and quicker recovery after workouts/achievements
Improved focus and concentration
Improved sleep quality
You will get a natural mood booster – (because of the released endorphins aka “love hormones”)
Better circulation of the blood, preventing clogged arteries

### Step-by-step – Powerful Breathing Exercise:

#### 1) Get comfortable

Sit in a meditation posture, whatever is most comfortable for you. Make sure you can expand your lungs freely without feeling any constriction. It is recommended to do this practice right after waking up since your stomach is still empty or before a meal.

#### 2) 30 Power Breaths

Imagine you're blowing up a balloon. Inhale through the nose or mouth and exhale through the mouth in short but powerful bursts. Keep a steady pace and use your diaphragm fully. Close your eyes and do this around 30 times. Symptoms could be light-headedness, tingling sensations in the body.

#### 3) The Hold, retention after exhalation

After the 30 rapid successions of breath cycles, draw the breath in once more and fill the lungs to

maximum capacity without using any force. Then let the air out and hold for as long as you can without force. Hold the breath until you experience the gasp reflex.

#### **4) Recovery Breath**

Inhale to full capacity. Feel your chest expanding. When you are at full capacity, hold the breath for around 10 seconds and this will be round one. The breathing exercise can be repeated 3 times consecutively.

#### **5) Enjoy**

After having completed the breathing exercise take your time to enjoy the feeling afterward. This feeling will be more and more like a meditation.

When you start doing these exercises we recommend to take your time recovering from the breathing exercise. After doing the breathing exercise and you feel good, you can follow it with taking the cold shower.



#### **Summary**

- 30+ times balloon blowing
- Breathe in fully
- Breath out without force and hold until gasp reflex
- Inhale fully and hold for 10 seconds.
- Repeat until finished and recover from the breathing exercise

#### **Bonus Power-ups**

Add push-ups or yoga poses during the time you are holding your breath while you wait for the gasp reflex. Notice that you are stronger without air than you would normally be if you were breathing!

### **3. Drink Water – 30 seconds to 1 minute**

It is a shame that we are not educated as children on how important water is to a happy, healthy life. If you want to be well in body and mind, six to eight 8-ounce glasses of pure water daily is essential.

My water practice includes drinking 16 ounces of water before ingesting anything else. Not only does this practice provide the internal environment where healthy cell replication can occur, but it also increases mental clarity and focus.

Think about this: our physical systems are comprised of a ceaseless series of simultaneous chemical and electrical processes, occurring continuously through any second of any day, within any system of the body. Remove water from the equation and those processes stop within just a few days.



To support the body do what it knows how to do naturally, water is key. Here is how I prepare my water:

- Start with spring water
- Add solé (pronounced so-lay) If you want the science behind adding miniscule quantities of salt water to your drinking water, read [Water and Salt: The Essence of Life](#), by Peter Ferreria and Dr. Barbara Hendel. Google how to make your own solé. It's SUPER easy to make.
- Each morning I prepare two 32-ounce Mason or Bell jars so I'm sure to get all the water I need during the day. This is one good way to be sure you the water is easy to have with you, even when you're on the go
- Add half a lemon, a couple strawberries or 10-12 cucumber slices with some mint for fun, and add essential nutrients that increase your water's absorbability by increasing the electrolyte profile

Water carries more than electrical currents between cells and internal systems; water also carries information. For those of you who want to know about how 'programmable' water is and how to program it to support your health and wellness goals, check out Gerald Pollack's, [The Fourth Phase of Water](#).

#### 4. Write – 5-15 minutes

Morning Pages. In [The Artist's Way](#), one of the most potent disciplines I got from reading it was Morning Pages. Morning Pages is powerful. Here is a list put together by spiritual growth blogger, Lidiya K:

##### Benefits of the Morning Pages Exercise

###### 1. It clears your mind

The early morning, no one to disturb you, it's just you and the paper/laptop. That's the best way to clear your mind.

###### 2. You share stuff

There are always things on our mind that need to be let out. And writing them down helps a lot.

###### 3. New ideas

It's also a creative process and once you start writing (even if it's just journaling your thoughts), you come up with ideas. It's just how creativity and the state of flow work. All you need to do is start.

###### 4. You learn new things about yourself

*Writing is also a therapy.* It's a healing exercise that helps you find out things about your inner self that you didn't know before. Not that they didn't exist, but that you just didn't know about them. Writing **comes from the inside**. You can't really be superficial while doing it. So you touch deeper levels of consciousness and thus connect with your spiritual side.

### **5. It lets you focus**

In order to write, you need to ignore everything else and just concentrate on the sentence you're writing at each moment. That helps you find focus more easily later in the day too.

### **6. Relief**

After you let it all out, you feel relieved. It's a great experience.

### **7. It helps you stay sane**

I believe that doing that quick exercise as a part of your daily morning routine can influence your whole life after some time. Because if you start each day by spending some time writing down the things in your head, being only with your thoughts, sharing them and clearing your mind, you will be less stressed and overwhelmed in general.

### **8. You awake the creative genius inside**

After doing morning pages for some time, you'll start writing better. Your approach will change – you won't find it hard to start with the first sentence anymore.

In fact, it will be a process of flow and each word will be followed by many others without you putting in any effort.

Writing is a creative process. Even if you've never had the urge to write, with practice, you can make it a habit. As you can see, the benefits are beyond measure.

## **5. Meditation – 5-20 minutes**

Meditation facilitates inner stillness. Creating inner stillness regularly gives you access to the same into your daily, moment-to-moment experience. There is limitless opportunity and possibility available to you when you remember to slow down enough to notice it.

After waking from healthy, restful sleep, meditation is crucial for orienting yourself toward the positive from the beginning of your day. If meditation is elusive for you, I've found The Silva Method (referenced above) to be, again, extremely helpful.

Another way to train your brain to achieve a meditative state quickly and effectively is to use binaural beats. There are many excellent apps that feature beats to facilitate a variety of mental states ranging from acute focus to deep sleep and everything in between. Go to your app store and search "binaural beats". Using The Silva Method in combination with the binaural is particularly potent.

The name of the wellness game is *relax*. Life is going to be what Life is. Since none of us are going to do life perfectly, despite our high expectations, *how* you experience your life is up to you. Meditation helps.

## **6. Have What You Have – 10-60 Seconds**

People are magnets. The mindfulness practice of Having What You Have is tiny, but mighty. Here's how it goes. Take a moment, anytime the opportunity presents itself to simply 'have what you have'. It might be the chair beneath your tush that you choose to fully allow yourself to have. Or it might be your good health, your pet, your intelligence or your kindness, your vehicle, your mad skills or talent, your home, your best

friend, your spouse, your family, your awesome job, etc. Whatever it is, sit quietly while put your attention onto that which you're allowing yourself to have, and let yourself sense having what you have all the way into your bones.

This activity takes a little concentration at first, but once you get the hang of it, it's effortless. This activity seemed silly to me when I first learned it, so unfortunately I dismissed it for years, knowing and even hearing about it, but too arrogant in my way to imagine the potency of this activity.

Before I got it, gratitude was only a concept to me. Of course I didn't realize that, because I was so well trained to 'please and thank you', that my natural experience of gratitude got lost in my obligations to let someone who'd given me something know how awesome they were for giving me something. That means, the actual, natural experience of my own gratitude—the smile on my face, the warmth of feeling cherished—was not only missed by them, the game I was required to play set me up to miss the gift of pure gratitude I was already experiencing within myself. Sound familiar?

The practice of Having What You Have helped me reconnect the concept of gratitude with the actual experience of gratitude. It is a frequency, but it is light, so its register isn't loud. It's often in one's stillness that can one fully sense gratitude. The minute it might take to get you there is well worth it.

When we are genuinely grateful for what we have, by having what we actually have, we attract more of the positive and good into our lives. Gratitude is contagious. Gratitude is cause. Gratitude is the attitude if you want to have a happy life. Choosing to meditate with the objective of having what you have puts you effortlessly into your natural state of gratitude. It is like putting your entire system into neutral and then putting it onto the charger, like you might with your e-car or phone.

Gratitude may be the most important key to fulfillment. It has been called the mother of all virtues. If you start every morning practicing the art of having what you have—meaning allowing yourself to feel it in your bones—you will attract the best the world has to offer and not get distracted.

Wallace D Wattles does an excellent job of illustrating what I mean in his famous book, The Science of Getting Rich, written in 1910. If money is a constant source of stress, whether you have a little or a lot, I highly recommend this audio book and staying with it until the principles laid forth there are fully integrated into how you think and feel about the role money plays in your life and your relationship with it.

## **7. Move and Sweat – 10-20 minutes**

Despite endless evidence pointing to the human need for physical activity, only one-third of American men and women between the ages of 25 and 64 exercise as a way of living their daily lives, according to the Centers for Disease Control's National Health Interview Survey.

If you want to be among the healthy, happy, and productive people in the world, get in the habit of regular exercise. Many people go to the gym first thing in the morning to get their body moving. Yard work, tackling a deep cleaning project, or even vacuuming can generate an intense flow of inspiration and clarity. Not only that, but you're task stacking, so you're accomplishing more than getting in your daily need for rigorous physical activity. Have you ever blasted the stereo while washing your car, dancing your way around it with suds, Windex and the vacuum cleaner?

Whatever your preference, get your body moving. Exercise has been found to increase energy, decrease anxiety, stress, and the chance of depression. It is also related to higher success in your career.

### **8. Yoga/Qigong/Tai Chi – 5-15 minutes**

Unlike rigorous exercise, yoga, qigong, tai chi and/or aikido are more internally focused and assist in keeping the inner electrical channels and central nervous system happy and flowing. Doesn't that sound lovely? It feels really good, too.



If you live in a town where there are none of these classes readily available, you will find the course(s) that you are looking for online.

One of my favorites is The Chi Center, outside Santa Fe. Its founder, Master Ming Tong Gu is a master of medical qigong, so all of his teachings are both preventative and restorative, based on your needs. It's a lot easier to prevent un-wellness than it is to recover from it, but both paths are holy. Qigong (pronounced chee-gong) is especially useful if you struggle with low energy, allergies or any other chronic physical challenge like pain, fatigue or any type of life-threatening illness. When I was recovering from the passing of one of my closest, dearest people, my short, daily Qigong practice saved me.

### **9. Shower – 5-15 minutes (1-2 Minutes with Cold Water)**

Did you know that Tony Robbins starts every morning by jumping into a 57-degree Fahrenheit swimming pool? It turns out that daily or even frequent cold-water immersion radically facilitates physical and mental wellness.

Wim Hof's work (referenced above) provides in depth scientifically documented basis for this ancient practice. When practiced regularly, it activates enduring positive changes to your body's immune, lymphatic, circulatory, and digestive systems that improve the quality of your life. This practice can also facilitate weight loss, because it stimulates and stabilizes your metabolism.

A 2007 study found that routine cold showers can help treat depression symptoms, often more effectively than medications. That's because cold water triggers a wave of mood-boosting neurochemicals that make you feel happy.



If you've tried this before, you may have found yourself standing outside the shower with apprehension. What I've heard helps is thinking about it as if you're at a swimming pool. We all know about the slow way, but if you when go for it, after about 20 seconds you're fine. It's similar with a cold shower.

Another approach is to have your regular shower and then do a cold finish. This is my personal favorite.

Starting the day with a cold shower is known to increase your willpower and boost inspiration and creativity. Plus, its benefits are innumerable, regardless of the time of day. While standing with cold water coming down onto my head, I practice slowing my breathing and centering. I aim for a minimum of two minutes. When I'm done I feel really good. It's a great way to begin or finish any day.

Plus, it builds character to do something daily that takes you to your edge. It sets the tone for living a little more outside your comfort zone.

## **10. Eat a High-Protein Breakfast – 5-15 minutes**

Donald Layman, professor emeritus of nutrition at the University of Illinois, recommends consuming at least 30 grams of protein for breakfast. Similarly, Tim Ferriss, in his book, [The Four-Hour Body](#), recommends 30 grams of protein, 30 minutes after waking up.

Protein-rich foods stave off hunger because they take longer to exit the stomach. Also, protein keeps blood-sugar levels steady, which prevents spikes in appetite. Eating protein first decreases your white carb cravings; the types of carbs that contribute to overweight, like donuts, white bread and pasta.

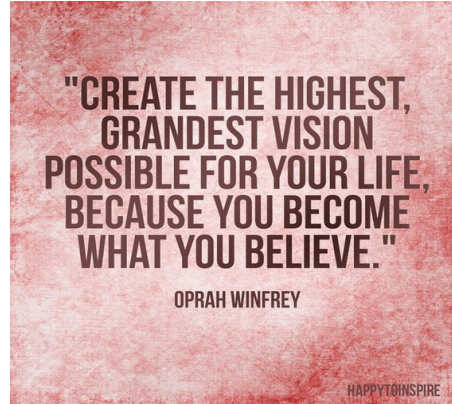
The following are Tim's recommendations for adequate protein in the morning:

1. Eat at least 40 percent of your breakfast calories as protein.
2. Do it with two or three whole eggs (each egg has about 6 grams of protein).
3. If you don't like eggs, use something like turkey bacon, or cottage cheese. (If you're routinely congested, the eggs and dairy could be suspended until the congestion clears.)
4. Or, you could always do a protein shake with juice or nut milk with rice, sunflower or pumpkin seed powder in a smoothie. For people who avoid dairy, meat, and eggs, there are several plant-based proteins. Legumes, greens, nuts, and seeds all are rich in protein.

## **11. Review Your Life Vision – 5-10 minutes**

Do you have a vision for how you want the rest of your life to be? One exercise I learned from Alexis Neely suggests that you do this:

- Make a picture of how you want your life to look in five years. Be as detailed as you can be. What is your home like? Your work? What is your financial condition? How are your relationships? Dream big. Your life won't become the extraordinary life you envy in others if you're unwilling to hear your heart's dreams and move toward them.
- Now ask yourself, "If I am to have that life in five years, how would my life need to look in three years?"
- In eighteen months?
- In one year?
- In six months?
- In one month?
- In one week?
- Today?



Write down your dreams. Or better yet, **make a vision board** to represent your heart's desires. Taking a few minutes to touch in with your life vision every day keeps you vibrating in the frequency of your vision, which makes it easier to eliminate choices that don't serve your vision.

It is said that 'energy follows attention.' What does this mean? It means that we experience that to which we give our attention. Where does our experience take place? Our experience occurs in our feelings. The practice of staying connected with your dreams helps you prioritize and keep your attention and your action oriented toward your True North—that place to where your dreams lead you.

If you keep yourself in touch with your heart's dreams every day, you will think about them every day. If you think about them every day, any work you do that day is tuned to working toward your dreams. When you live this way, your vision's realization becomes inevitable. Wallace D. Wattles, author of The Science of Getting Rich (1910), does an excellent job of elaborating on this point and tying in how gratitude serves to keep you connected with that vision.

Achieving your goals is never an accident. There is always a choice or a decision, first. Achieving your goals is a science. There is no confusion or ambiguity to it. If you follow a simple formula—like Tom Petty did to generate hit after hit, year after year—you can realize your dreams, no matter how big they are. So take heart and dream big. Your big dreams are there for a reason.

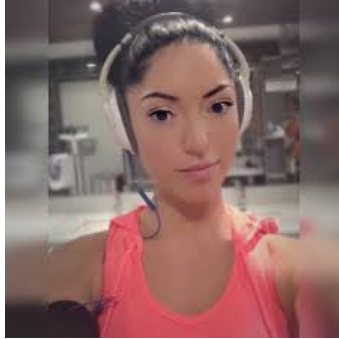
A fundamental aspect of this formula is writing down your dreams, reviewing them every day, and having gratitude for the fulfillment of your goals before they are fulfilled. Not sure about that? You've got nothing to lose by experimenting then, do you? See more about gratitude in item #14.

## 12. Listen to or Read Enriching Content – 0 minutes

Combine with items 6, 9 or a Commute

We are not talking about the news or the pundits' shows. We are talking enrichment; anything that adds to you, adds to your life or your wellbeing. There's enough of the other stuff. If you don't balance that input with spiritual, mental or emotional nourishment, who will?

Ordinary people seek entertainment. Extraordinary people seek learning and growth—as nature would have it for all Her creatures. It is common for the world's most successful people to read at least one book per week. These people are constantly learning.



Audio books are a great way to learn while exercising or driving. Taking even 15 to 30 minutes every morning to read uplifting or instructive information changes you. It sets the stage for you to live your best you, throughout the day, every day.

If you strive to ingest one audiobook per week, for example, you will have read roughly fifty-two books in a year's time. You will know more about things that matter to you. You will think about and see the world differently and you will make even more connections between differing topics. Those connections within you unsurprisingly contribute to the connections you experience in our shared world.

## 13. Take Action on Your Dreams – 10-60 minutes

Willpower depletes in its potency when it is over-used. Similarly, our ability to make high-quality decisions becomes fatigued over the course any day. The more decisions you make during a day, the lower their quality and the weaker your willpower will be toward the end of that day.

This is to say that if you can handle the more challenging parts of your routine in the morning, it will require less effort on your part. If you don't, it is likely that it simply will not get done that day. Not the end of the world, but it shows up in how your life feels for you on that day.. which, like it or not, is the foundation for your future.

So your mantra becomes: “For my best life and the best I can be for those I love, my wellbeing comes first.” Do all the things you need to do for your wellbeing at the beginning of each day – or commit to getting chunks of this routine into your current routine. Then do it again tomorrow.



**“ In the end, it is not the years in your life that count.  
It is the life in your years ”**

Abraham Lincoln

If you take just one step toward your heart's dreams every day, you'll realize your vision for the life your heart wants for you isn't as far away as you might have once thought.

## **14. Play Play Play! – 5-15 minutes**

When was the last time you played a board or card game? Catch? Have you been on a swing or see saw, lately? Climbed a tree? One of the greatest benefits of play has to do with the state of mind you achieve when playing. It is a place where spontaneity, curiosity, open-mindedness, creativity and resourcefulness are activated simultaneously. And because you're playing, nothing is at stake.

When the mind goes into this magical play-state, where whimsy is not only permitted but welcome, the inner chemistry it releases balances out the chemistry of being a grownup. Whether you go outside and blow bubbles or play keep-away with a balloon for 5 minutes, or join a softball team, playing daily or even weekly, helps your wellbeing in more ways than we can count here.

To give you an idea, Chris Kresser wrote an excellent article on the top ten benefits of play by. Here is a peek at the known benefits:

1. Play Builds a Healthy Body
2. Builds a Healthy Brain
3. Teaches Emotional Intelligence and Boosts Self-Esteem
4. Play Builds Healthy Friendships and Romantic Relationships
5. Forges a Healthy Parent–Child Relationship
6. Teaches Cooperation
7. Play Teaches Problem Solving
8. Stimulates Creativity
9. Improves Work Outcomes
10. Reduces Stress and Builds Resilience

So get serious about your dreams! What might it look like if you were to play at making them real?

## **15. Give Yourself Approval – 10-30 Seconds**

Have you ever noticed how people around you—kids, co-workers, partners or spouses—always seem to be vying for your attention? What do you think that's about?

We all possess infinite attention to give, spend, lend or share, yet, so many people feel deprived of it. The practice of giving ourselves approval by directing our attention briefly inward is a practical way we can nourish ourselves spiritually, mentally and emotionally by giving to ourselves our own attention, with the intention of approval for self and all the good that self brings to the world.

This practice dramatically decreases your own need for approval from external sources, and dramatically increases your ability to give attention to those around you without depleting yourself.

Attention is a superpower we are all born with, but few of us have been shown how to use it to bring about

a sense of connectedness and belonging for ourselves, and those around us. Imagine what a different world it would be if we all lived from a place of connectedness. If you would like to know more about this, you can request a copy of Connection Complete by visiting my website.

## Review

1. Get 7+ hours of sleep per night
2. BREATHE – 5 - 10 minutes
3. Drink 16 ounces of water upon waking – 1 minute
4. Write your morning pages – 5 - 15 minutes
5. Meditation for clarity and prosperity – 10 - 20 minutes
6. Move and sweat – 10 - 20 minutes
7. Yoga/Qigong/Tai Chi – 5 - 15 minutes
8. Shower – 5 - 15 minutes – 1-2 minutes with cold water
9. Consume 30 grams of protein for breakfast – 5 - 15 minutes
10. Review your life vision daily – 5 - 15 minutes
11. Listen to or read uplifting or enriching content – 0 minutes when stacked
12. Daily action with your heart's desires in mind – 10 - 60 minutes
13. PLAY – 5 - 15 minutes
14. Have what you've got – anytime; daily
15. Give yourself approval – anytime; daily

### One final note about routine:

Here are my cardinal rules when moving toward making something different in my life: Some is better than none. Perfection is not the objective; holding your wellbeing as your highest priority is the objective. If you can make this routine happen toward the beginning of your day, doing some variation of it – in this order will facilitate a solid self-care routine.

In the beginning it might seem challenging, but if you remember to approach this like an experiment or even better, a game, then there's nothing at stake. The only way you can fail at an experiment is if you don't do it. Since current patterns may or may not be moving you forward in the ways you'd like, why not experiment with other patterns that might?

### Conclusion

Doing this daily routine for twenty-eight days in a row will make it a habit. Then, no matter what you have scheduled during the rest of any given day, you will have habituated attending to that which is most important. This action will naturally put the rest of the important stuff in its proper place in relationship to your work or career. The newfound energy and enthusiasm resulting from prioritizing your wellbeing first will soon put you in position to succeed.

On this note, it is worth mentioning that your success is not relative to that of others. Success is a feeling of love and accomplishment for yourself. It is accepting yourself for who you are, exactly as you are, without waiting for others to approve of or define you. It isn't based on your performance or productivity.

It is worth reclaiming the concept of success and placing its locus in the internal realms, where it belongs, rather than basing it erroneously on arbitrary external measures, as society would have it. What does success mean to you? If you were successful, how would you know? Have you ever been successful? Are you now?

Being excellent to yourself as suggested in this paper will help you show up better in your life. You will be better at your job and in your relationships. You will be well rested, and thus happier. You'll feel more confident. You will be more bold and daring. You'll have more clarity and vision.

Consistently prioritizing your wellbeing will cause you to notice that in your life which is incongruent with your life vision. Challenges or unhelpful habits or relationships—which sap your energy—will shift or disappear because what they are organically replaced with is so much more fulfilling and life-affirming.

### **Call to Action**

Creating and maintaining an amazing self-care routine isn't easy. That's why I created this checklist of many of the most effective daily self-care activities to support you in body, mind and spirit.

Use these activities to get out of survival mode and transform your life. You can mix and match these practices with others, or use them as a platform for a full-on life overhaul. Add other practices as you see fit or omit those that don't land for you.

This routine can be placed into your morning, or distributed among breaks throughout your day. Remember: each activity need not take more than a few minutes if that's all you can spare. Get creative and make this routine work for you. And now...

Celebrate! For support with staying on track for a full twenty-eights days – enough repetitions to make this routine a habit – please reach out to me.

You can find your Wellbeing Questionnaire on page 19.

**Thank you for reading It Starts With You.**



Angelina Frost  
Founder, White Buffalo Alliance, LLC

Purpose | Leadership | Meaning

Course Design and Facilitation:

The Basics of Being | Mindcraft | Relationshiping | Be Your Own  
Guru | The Culture Code | KarmaShop | What's Your Peace? |  
The Angelina Frost Method Coaches Training Series

# Daily Wellbeing Routine Sheet\*

\*Print and post this list on your wall, mirror or fridge to keep your routine front and center in your life

1. Get 7+ hours of sleep per night
2. BREATHE – 5-10 minutes
3. Drink 16 ounces of water upon waking – 1 minute
4. Write Morning Pages – 5-15 minutes
5. Meditation – 10-20 minutes
6. Have what you've got – seconds – anytime
7. Move and sweat – 10-20 minutes
8. Yoga/Qigong/Tai Chi – 5-15 minutes
9. Shower – 5-15 minutes – 1-2 minutes in cold water
10. Consume 30 grams of protein for breakfast – 5-15 minutes
11. Review your life vision – 5-10 minutes
12. Listen to or read uplifting or enriching content – 0 minutes when combined with items 6, 9 or a commute
13. Action with your heart's desires in mind – 10-60 minutes
14. Play Play Play! – 5 -15 minutes
15. Give yourself approval on a daily basis. Can be done after you complete any item on this list!! – seconds/day – anytime



# Your Wellbeing Questionnaire

What does wellbeing mean to you? This is a question I ask every client at some point early in our relationship. Have you ever thought about this?

This brief survey is for you and has been designed to help you assess the current state of your own wellbeing. Although the answers to the following questions may change from day-to-day and from season-to-season, touching in occasionally with this set of questions can help you stay on track, especially when life gets a little more “lifelike” than usual. On a scale of 1-10, where is your wellbeing currently?

1 = Not at All

10 = Always

1. It's easy to focus on my own wellbeing and I feel good about how I take care of myself.  
1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
2. When people around me are upset, I meet them where they're at without taking on their 'stuff'.  
1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
3. When I accomplish something, I give myself approval for a good job well done, and I feel grateful for the resources that made it possible for me to do so.  
1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
4. Overall, I feel loved, safe and a sense of belonging.  
1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
5. Overall, I feel strong, grounded, centered and calm.  
1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
6. I consider myself to be a happy person, even if my life isn't exactly what anyone else might consider perfect.  
1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
7. I know I am in a state of wellbeing when...

Your responses to the first 6 statements are to be used as a self-check barometer for you to tune in to where you're actually at, on any given day. The last question is intended to prompt you to create your own Personal Wellbeing Manifesto. Why? Because if you don't know what wellness is for you, how will you know when you have it?

When you take a stand for your own wellbeing, your life changes in surprising ways. When the changes you create in your life are loving changes, even if you can't predict outcomes, you can always rest assured that love-driven choices yield the best possible results. Your wellness is not like a prize you get at the end of a hard day, or hard year. No one can give it to you, but you.

If you would like help clarifying how to get there from here, please reach out.

