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## DAILY PRACTICE FOR A HEALTHY MIND-SET

Our mind-set is our greatest asset. Many people will go to the gym regularly to take care of their physical health, but how many of us spend time each day to clear our minds so we have the optimum mind-set? Below is an exercise, based on the martial art akeido and mindfulness, that you can use as a daily practice.

To be fully 'centred' is impossible to retain all of the time, however, the speed at which you can get back to being 'centred' is an important practice and habit to build.

Below is an outline of what happens when we are out of centre (in ego) and when we are centred:

	In Ego	Centred
Head	Control	Perspective/Wisdom
Heart	Approval	Compassion
Core	Security/Protection	Confidence

### Exercise

The following exercise will take 5 minutes. Practised daily it can help to build a resilient mind-set and is a useful tool for moments when you wish to get back to 'centre' and ground yourself. Following this there is a link to a live recording of the exercise.

#### 1. Breathing

- Stand up in a dignified stance and lengthen the spine
- Close your eyes
- Breathe in (up) imagining a light going up your body through your head spiralling out into the sky
- Breathe out (out - longer) imagining a spiral going down your body through your feet to the roots of the ground

#### 2. Relaxing the Upper Body

Soften the jaw and shoulders so they are relaxed.

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### 3. Balance

Imagine you have an energy field radiating heating approximately 1 - 2 feet in diameter around the body

Now visualise balancing this energy field so that

- Front and back have equal distance in diameter
- Side to side has an equal distance
- Top and bottom has an equal distance

(This will often mean that you might lean forward, backwards, and/or side-ways to gain balance).

### 4. Inviting A Quality

Invite a quality you want to cultivate in your life. One that would really serve you today, eg ease, peace, confidence, joy. You may wish to repeat this same quality regularly to strengthen its presence.

Ask yourself, If I could have a little more ...joy today ...what would that be like? You might want to imagine what the day would be like if you had more joy. How would conversations go? How would you feel, etc.

Experience this.

### 5. Support

Imagine all the people who love and care about you are behind you holding your back - they have their hand on your back so you are never alone - picture their faces and feel their support.

#### Link to Recording of this Practice:

You may wish to listen to a recording of Oona Collins going through this exercise to familiarise yourself so you can practice it with ease and confidence whenever you wish. Enjoy!

[+ LISTEN HERE](#)

#### For further information on our coaching please contact:

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*Inspired by the work of Wendy Palmer author of Leadership Embodiment.*

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