

Practice of the week: The Centering Practice in your 1:1 meeting with yourself

What	<ul style="list-style-type: none"> • Add the Centering Practice to your 1:1 check-in meeting with yourself
When	<ul style="list-style-type: none"> • Whenever works for you • Create a cue in order to remember <ul style="list-style-type: none"> - Typically it works well to pick the same time everyday - You may want to add this to an existing habit (like while you make or drink your coffee) - Check out the mindjogger app to create the reminder
How	<ul style="list-style-type: none"> • Connect to your breath: take 10 conscious breaths (~1 minute) • Centering Practice* <ul style="list-style-type: none"> - Uplift: breathing up the back of the spine - Expand: feel strength in your back and soften down the front - expansion begins to include others - Ground: Settle back into Center - feeling the weight of your body and legs; feeling connection into the floor
Duration	<ul style="list-style-type: none"> • 2 minutes (minimum)
Why	The most important connection we make is the one we cultivate with our own innerforce . Make time to connect with yourself every day

*Adapted from Leadership Embodiment

innerforce: *our deepest, most authentic self and the source of our vitality.*

*The most important connection we make is the one we cultivate with our own **innerforce**. Take time to connect with yourself every day.*

