

Practice of the week: Double down on the 1:1 meeting with ourselves - intention and reflection

What

- **Double Down** — Set an intention to fuel up in the morning and reflect at the end of the day about how it went. Add this into your 1:1 check-in meeting with yourself in the morning and add a second 1:1 meeting at the end of the day.

When

- **Daily, in the morning and again at night, whenever works for you**
- **Create a cue in order to remember**
 - Consider picking the same time everyday
 - Consider adding this to an existing habit (e.g. while you make or drink your coffee / after you put the kids to bed)
 - Check out the mindjogger app to create the reminder

How

Morning 1:1 Meeting with yourself:

- **Step 1. Connect to your breath:** Inhale and Exhale 10 times (approximately 1 minute)
- **Step 2. Self-Reflection:** Ask yourself how are you feeling today and what is one thing you could do today to put fuel in your fuel tank?
- **Step 3. Set your intention:** What is one thing you will do today to fuel up?

Evening 1:1 Meeting with yourself:

- **Step 1. Connect to your breath:** Inhale and Exhale 10 times (approximately 1 minute)
- **Step 2. Self-Reflection:** Ask yourself did I act on my intention to fuel up --If so, how did that impact me? If not, why? What is getting in my way? Is there a belief that is creating a road block? If so, can I put it down?
- **Step 3. Integrate:** Given what I've learned today, what is one new ritual I could create for myself or stance I could take up that would support fueling up my tank?
- **Use the three C's:** **Courage** to try it in the first place; **Curiosity** to learn about the nature of our experience; **Compassion** to be kind to ourselves no matter what we discover.

Duration

- **5 minutes** in the morning, **5 minutes** in the evening

Our inner fuel tank is what provides what we need in terms of mental, physical and emotional energy to bring our wholeselves into our work and our lives.

Fueling up gives us what we need to meet the situations in our life in the way we intend.

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

The most important connection we have is the one we cultivate with ourselves. Take time to connect with yourself every day.

 **innerforce**
connect • ignite • rise