

Practice of the week: Double down — Turn inward in the morning and in the evening

- What**
- **Double Down** — Turn inward in the morning and in the evening.
- When**
- **Daily, in the morning and again at night, whenever works for you for the next 7 days**
 - **Consider** — Adding this into your 1:1 check-in meeting with yourself in the morning and adding a second 1:1 meeting at the end of the day.
 - **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:** Take 10 conscious breaths
 - **Step 2. Self-Reflection:** What is one thing you could do to connect with yourself today?
 - **Step 3. Set your intention:** To do that self-connection practice.
- Evening 1:1 Meeting with yourself:**
- **Step 1. Connect to your breath:** Take 10 conscious breaths
 - **Step 2. Self-Reflection:** Ask yourself did I act on my intention--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 thing that I can take up or put down tomorrow that will support my connection with myself?
 - **Step 4. Set your intention:** To do what will support your self-connection.
 - **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

We can take up a series of explorations, experiments, inquiries and new practices or rituals that build the connection with ourselves, regenerate the state of our inner world and increase our capacity while simultaneously making the unconscious conscious which ultimately fuels our transformation.

What will you take up today?

***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.