

Dare Greatly Coaching presents

5 MINDFUL WAYS TO RE-CONNECT WITH YOURSELF

Connect With Nature. Connect With Yourself.

GO FOR A MINDFUL WALK

Go for a walk, preferably in nature, but around your neighbourhood is good too, and focus on how your body moves and feels. Then one-by-one focus on your senses for a while. When you're ready to finish your walk, pause for a moment and consciously end this practice.

FIND YOUR 'SIT SPOT'

Instead of constantly shifting your focus to different things in a larger area, sit in one place and focus for min. 15 minutes on your immediate surroundings using all your senses. What do you feel, see, smell, hear, taste? Come back to this spot often and notice how it changes.

EAT SEASONALLY

Eat what is grown locally and therefore in season. When you eat seasonally, you're eating healthier, connecting with Nature and minimizing your impact on the environment.

IMAGINE YOU'RE AN ANIMAL

Imagine you're an animal that lives in the environment surrounding you. How do they experience it? How do they live and move? How do they experience life?

DO SOME CLOUD SPOTTING

Remember how you — as a kid — would lie on your back and spot animals or other things in the shape of clouds. Find a spot with a good view of the sky and watch the clouds roll by.