Daily Heart-Centered Moments

A few words...

Dear Fellow Human,

I'm thrilled to be a part of your journey, however small.

When I started on my wellness journey I looked for expert guidance which inspired me to seek training. I learned about fitness. I learned about psychology, and I learned about what is important for us to be successful in self care so we can unleash our greatest potential.

Our evolution is an ongoing process affected by our core values, beliefs and practices. When fitness and self care rest on this foundation amazing things start to happen. Sadly, this is often overlooked.

Wherever you might be on your wellness path, I invite you to tap into the real passion that drives your self care ~ physically, emotionally and mentally so that you can truly transform. Individualized attention to your needs is essential.

This playful gift serves as a reminder to pause for awareness so you can notice where you are and where you are heading.

You will benefit whether you are an expert at self care or a beginner.

Be Well & Enjoy,
Theresa

Altraform, the evolution of wellness, is about tapping into core values so we can thrive physically, emotionally, and mentally. For more on incorporating IFS into your wellness to unleash the dream version of yourSelf, contact Theresa@altraform.com or visit www.altraform.com
### Mindfulness Bingo

Treat yourself to fill as many spaces as you can in 5-day mini challenges.

<table>
<thead>
<tr>
<th>Daily Heart-Centered Moments</th>
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<tbody>
<tr>
<td><strong>Wake up early</strong> or <strong>Take 5 minutes to Stretch</strong></td>
<td><strong>Breathe deeply</strong> or <strong>Walk to the end of your driveway and back</strong></td>
<td><strong>Eat deliberately</strong> or <strong>Enjoy a warm healthy beverage</strong></td>
<td><strong>Share a feeling</strong> or <strong>Compliment yourself / someone else</strong></td>
<td><strong>Look softly at something until it blurs</strong> or <strong>Close your eyes for 5 breaths</strong></td>
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<td><strong>Mindfully relate kindness to someone</strong> or <strong>Cuddle with someone / a pet</strong></td>
<td><strong>Listen wholeheartedly</strong> or <strong>Listen to a song and stay present</strong></td>
<td><strong>Set a daily intention for a self care activity</strong></td>
<td><strong>Notice the present moment</strong> or <strong>Notice nature</strong></td>
<td><strong>Be present while brushing your teeth</strong> or <strong>chew slowly</strong></td>
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<td><strong>Walk slowly</strong> or <strong>Place both feet on the floor and breathe for 10 breaths</strong></td>
<td><strong>Listen to music</strong> or <strong>Notice sounds around you</strong></td>
<td><strong>FREE Choice SPACE</strong></td>
<td><strong>Write your thoughts</strong> or <strong>Start a Gratitude list</strong></td>
<td><strong>Take a break from your phone</strong> or <strong>Read a poem</strong></td>
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<td><strong>Show appreciation to someone</strong> or <strong>Thank Yourself</strong></td>
<td><strong>Take time to reflect on a happy memory</strong> or <strong>Plan something fun</strong></td>
<td><strong>Pause between activities</strong> or <strong>Take a cat nap</strong></td>
<td><strong>Get lost in the flow of doing something you love</strong></td>
<td><strong>Connect with your senses</strong> or <strong>Notice the water on your skin in the shower</strong></td>
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<td><strong>Be in the moment now</strong> or <strong>Take a brisk walk</strong></td>
<td><strong>Place your hands on your heart and breathe</strong> or <strong>Relax your jaw</strong></td>
<td><strong>Notice your thoughts</strong> or <strong>Savor a bite of food</strong></td>
<td><strong>Declutter one space</strong> or <strong>Cook a meal</strong></td>
<td><strong>Get a full night’s sleep</strong> or <strong>Meditate</strong></td>
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