

10 Daily Reminders for the Soul-Guided Life



1. Set an **Intention** for the day each morning when you wake up.
2. Mindset: I am doing a self-study course in spirituality. Everything that happens is an opportunity to learn.
3. Support your journey with healthy habits: food for fuel and nourishment; exercise for strength and endurance.
4. Focus on *small* changes in the moment—one step at a time.
5. Practice **Deep Breathing** to stay focused and in the present moment throughout the day.
6. Spend 5-15 minutes in stillness each day.
7. Work on any Shadow issues that come up during the day by writing in your **Journal** and using the **3-2-1 Process**.
8. Stay curious when things go wrong and try to take the **Galaxy View**.
9. If you get thrown off balance emotionally return to your core (your heart) by using the **HeartMath® Tools**.
10. End each day with a **Gratitude Practice**.

(Find more information about each subject in **Bold** on the Resources Page at www.eoluniversity.com/resources)