



YOU GO | DO YOGA

FREE!

FROM COUCH TO CONNECTED

5 DAYS TO A MORE MINDFUL
LIFE - EMAIL CHALLENGE

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DAY 1: NOTICE

Welcome to day 1 of this 5 day email challenge; giving you the tools required to start living a little less on auto-pilot, and a little more mindfully! Congratulations for getting this far, and deciding to make the change; you've conquered the hardest part!

Over the next 5 days I will provide you with a daily guided meditation, and a simple exercise to work through to start opening your mind and heart to a more mindful life! Simply follow the instructions below to get started, and if you have any questions please don't hesitate to contact me on **yougodoyoga@gmail.com** - I am here for you!

STEP 1

To start today we're going to do a quick 5 minute guided meditation **which can be found here.**

You can listen to this on the train, while you're waiting for the kettle to boil, or just take 5 minutes to sit quietly before you leave the house in the morning. You don't have to sit on the floor, just find somewhere you can sit comfortably and upright (a high backed chair works well).

Try and listen as early as possible in the morning, as this will help set the tone for the rest of the day, and will help with today's exercise!

STEP 2

Today's exercise is about noticing yourself and how you feel. Often when we're rushing around in our busy lives we don't take the time to notice how we're feeling from one moment to the next, which means we become disconnected from our emotions or what situations or scenarios cause us to react. Often we react without thinking which leads to more negative, or impulsive actions.

Today I'd like you to set yourself a timer on your phone to go off every two hours. When the alarm goes off (or as close as possible to that time!) take a moment to take a deep breath in and just scan how you feel. This could be physically, emotionally, mentally - anything which pops up, write it down in the section below.

Remember, we're just noticing, nothing else. No judgement, or effort other than noticing, and observing. If you want to add extra detail, such as what is happening around you which might be causing those thoughts or feeling then go ahead!

10am:

12pm:

2pm:

4pm:

6pm:

8pm:

10pm:

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