



Actions: Take a 15-minute walk, take a 60-second warrior pose in the mirror.

Day 18: Powerful Communication to Yourself

What does your internal voice say to you most often during the day? Use a journal or your sticky notes today to document some of the thoughts you are having. Notice which ones are reoccurring. Be honest with yourself. Then at the end of Day 18 come back to this activity and write down the three most frequent thoughts of your day.

- 1.
- 2.
- 3.

Today you will notice that your action item to “walk” also includes the instructions to “Take a 60 Second Warrior Pose In the Mirror.” Warrior pose is incredible for your balance. It’s one of my personal favorite morning yoga poses and has been proven to treat anxiety in people that suffer from depression or struggle with ADHD. I’ve included it in this space because as I said #1 it’s great for balance (physically)... but #2 it’s great for balance (mentally). Today you get to look at yourself in the mirror for 60 seconds standing firmly in this strong pose and (hopefully) you get to like what you see!



Warrior Pose