



S.O.A.R

STOP GRINDING THROUGH YOUR DAYS AND START SOARING THROUGH THEM WITH JOY AND EASE.

The most important aspect of living a joyful life is to have the energy to do the things that truly matter to you. Whether it be family, career or a passion project, it's important to set yourself up for a quality sleep so you can wake up ready to take action.

This method works best when done every night for just 10-15 minutes before bed.



1 Simplify

Remove the physical and mental clutter in your life. Doing this helps you create the emotional space needed to relax your mind and body before bed. I suggest starting with your physical clutter first. Whatever energy you have left at the end of the day, use it to try to make your home a little cleaner. Then write down your "Top Things List" to get done in the morning to help clear your mind, so you aren't mentally holding on to them as you try to relax. You don't need to go crazy on either one. Just pick up some clothes in the corner of the room and write 2-3 most pressing items that you need to do tomorrow. (Time: 2-5 min.)



2 Observe

Assess how you are feeling. Where is there tension in your body? Where does your body feel relaxed? Observing your muscles will help you build internal awareness. Then spend time watching, reading and listening to people you admire. I'm a big fan of reading a quote or listening to a short audio clip before bed from someone I'm currently reading. From a young age we learn by observing others and applying their attitudes, behaviors and processes to improve our lives. We need to bring this practice back so that we can grow happier and stronger. (Time: 3-5 min.)



3 Appreciate

Take time to feel grateful for the good things in your life. When you can focus on the positive things in your life, you are rewiring your brain to bring more joy into your relationships. A positive outlook helps you become more resilient, so whatever life throws at you, you are able to handle it. (Time: 2-3 min.)



4 Reflect

Look back on your day, and you'll see ways you can learn and grow. Ask yourself what you did well, and what you can improve. What we did well is often never thought about. We need to look at what went well so that we can do more of it tomorrow. Then focus on one way you can improve. I'm working on my meditation practice, so this is the area I focus on. By making time for reflection, you can better process your day and make tomorrow a little better. (Time: 3-5 min.)

This method works well because what you think about before you go to sleep significantly impacts your happiness. If you worry about your day before you go to sleep, you won't sleep as well and you'll wake up with more stress and tension. When you are able to reframe your experiences before bed as learning and growth opportunities, you'll sleep better, wake up more positive, and be ready to tackle those tougher challenges at home and work.

When you are ready to go deeper on the ideas mentioned, just email me. I also offer the Bring Gratitude book, a 30 Day gratitude journal and courses that help people break through the mental barriers that hold you back from succeeding in your next life transition.