

How To KEEP Any Successful Practice



Yoga, meditation or food consumption - longevity of any good idea only comes through practice. In case the word perfection crept into your mind, please let that word go. It never served a purpose aside from stressing you out. Can you let perfection be one of the bridges you bomb as a pledge to preserving your health and sanity?

Please don't begin with the notion that your endeavor will fall short as other things have in the past; you're selling yourself short. Everyone starts over, some more often than others but WHO CARES? The only judge is you. Assume you will succeed instead of believing you may fail. Turn starting over into an art form if you must, but NEVER quit!

Before your practice can transform into a routine, get clear on why this practice is important. What part of you is the hungriest for this time and will be the most fulfilled?

What will happen if you keep putting off a self-care or any other type of practice? The question emphasizes the importance of making time. Finding time isn't good enough because you'll stop looking when it gets tough. Making time proves you're serious about putting your needs first for a change, or at least much closer to the top.

Now you know why you need to make time and what will happen if you don't, next is choosing what practice to begin. It doesn't matter if it's 5 minutes or 30, keep it realistic to create and keep a habit. It's better to be consistent than a rockstar once a month. You're building a muscle.

Here are some ideas:

- Stretch for 5 minutes before going to bed
- Let go of judgment and embrace possibility instead
- Drink a glass of water, imagine you're healthy & hydrated
- Roll around on the floor with your child or your pet
- Take ten slow, deep breaths before getting out of bed
- Fully appreciate the food you're putting in your body
- Tell someone how much you appreciate them and why every week
- Consider five things to be grateful for each day
- Get up and dance after sitting for a long time



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Once you know what you want to do, how often can you make time? If you're starting with five minutes, you can probably manage three times a week - even if your practice happens all in one day, it counts. If you have a photo of you in a heightened state of feeling terrific (imagine you've mastered this practice and are reaping the rewards), make it a screen saver on your computer or on your phone. Do you have a friend who can develop a new practice with you? Nothing helps keep a commitment better than an accountability partner.

If you are not willing to invest the time in personal development, how can you expect anyone else to invest their time in you?

It's easy to laugh at a five-minute commitment because it appears like such a simple task yet these little promises are easily overlooked and forgotten. When you stay on track, celebrate to keep inspired.

Don't be afraid to ask Source, God or the Universe for help. You'd be surprised who is on your side and wants to help!

Here are the cliff notes on how to start a practice:

1. Be clear on why your practice necessary.
2. Pick what you want to do.
3. Start as small as five minutes at a time, build consistency.
4. Choose a frequently you can expand on. How many times a week to start?
5. Acknowledge progress with a small celebration.
6. If you won't invest time in yourself, how can you expect anyone else to?

Here's to reducing stress in small bites and making at least five minutes out of twenty four hours for you!

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night we go LIVE at 6:30 pm. Join the conversation!***