

Robust Rhythms

GRATITUDE IS ONE OF THE MOST SUSTAINABLE AND SIMPLE WAYS TO RECHARGE AND STAY CHARGED.

Maybe you're thinking, *Yeah, yeah, grateFULLness is important. I know it is. But, right now, life is hard ... too hard. I feel you. I've been there, too. Oof. To be sure, there may be much that clamors for you to live in fear, fatigue, and scarcity.*

Your current reality may be that you feel bone-tired and desperately low on bandwidth, with no place to rest in sight. Life can seem heavy and hard when fear and anxiety about what hasn't yet happened, what you still don't have, and what is wrong preoccupy your mind. Consider for a moment what recent research in the field of neuroscience has shown us: whatever we focus on gets bigger. It grows.

This is where gratitude and looking for the good comes in. It's one of those simple, but not easy, practices. In the midst of life here and now—particularly in the hard, the painful, and the challenging—when you cultivate the habit of looking for the good, when you practice thankfulness in more bits of life, when you *really* remember it, you change.

The funk and difficulties may not be gone, but you are different and the world seems different. When your heart fills up and gets more jam-packed with *grateFULLness*, you begin to see the vastness, the plenty, and the abundance of gifts within your life and in the world around you. The mishaps and mistakes morph into building blocks of hope and the not-knowing doesn't stop you from walking with your head held high and your eyes sparkling. The days shift to being fueled by your unstoppable purpose rather than by lack and overwhelm—from the time you rise until the time you fall into bed at night. Sounds pretty good, aye?

Let's take a moment to explore your day, one part at a time, weaving in PoPs—practices, perspectives, and *gratefulness*—to keep your battery charged and your focus where it will best serve you.

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Morning. What simple rituals or practices can you envision creating that would provide a morning experience filled with joy? How might they prevent you from being derailed by thoughts tinged with worry, overwhelm, or the unknown, allowing you to look right at them and respond with ease? What would cause you to increase the level of eagerness—a little or a lot—with which you greet your day? Is it sipping a cozy drink, sitting in a certain place, going for a walk or a run, reading, meditating, writing, or creating a bit more time for getting ready?

Midday. Is there a five-minute midday opportunity each day when you might consider the *good* that's happened in the morning, and pause, breathe, and go outside? On the warm days, might you take a walk, feeling the sun warming your skin or the cool breeze touching you? On days that are too chilly or too wet to head outside, could you sit at a window and look out at nature with a steaming cup of tea?

Evening. How might you end your day each night—is there anything you might shift that would fuel and sustain you with a bit more feel-good juju as you look back at your day and forward to the day ahead? Is it getting to bed earlier, sitting with your partner over a delicious evening drink, taking a bath, reading an inspirational book, or listening to a piece of music that swells your heart?

You need these rhythms and ways of *DOing* and *BEing* as surely as you need air to breathe.

May your eyes see ripples
of beauty and possibility all around you,
here and now.

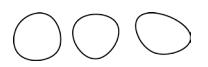
May you know the things
to which to say yes and no,
making plentiful space
for a life that blossoms beyond
your biggest dreams and greatest fears.

May courage and conviction
eclipse anxiety for your next steps and leaps.

May your vision be deeply rooted
and grow expansively beyond
what you ever thought possible.

May you live bold and brave among your tribe
of your mighty human family and the Sacred.

May your heart be both soft and fierce,
fueling you to hope and love big.



pop

be still (surrender)

Take this moment,
whatever time of day it is,
wherever you find yourself,
and just be.

This is not the time to do, think, plan, consider.

Breathe.

Relax.

Stay here, for a few or many minutes.

ponder (go deeper)

Listen to “Perfect Timing (This Morning)” by Orba Squara. Imagine some of the elements of your perfect morning stretching into your day and evening. Write about it or walk and *ponder* it.

How are your daily PoPs feeling and working? Are you settling into a rhythm that feels good to you? If not, write a bit about deepening your practice and commitment to a daily PoP. Get detailed about it: time of day, length of PoP, place, other elements—including a cozy drink, books, journal.

What might be ways for you to take a pause midday or end your day that will feel good, fuel you, and bring renewed strength and vitality into your life? Try them. See which ones you like most, and commit to regularly cultivating them in your life.

Do you feel the *low battery* warning go off regularly? What can you imagine implementing as portable charging stations for the road—to fuel you up during the day as needed? How do you *charge up* yourself for the daily rigors that are bound to occur? Are there

practices you notice other people doing that would be fun to try when responding to stress in the moment or low energy during your day?

Keep in mind that a spontaneous, spur-of-the-moment PoP can be a powerful way to respond when life hits you with a stressful trigger. Taking some time to pause, ponder, and consider what you want to do to engage with the challenge from a place of wisdom, truth, voice, courage, and love can lead to intentional actions rather than knee-jerk reactions.

Would your heart and life be buoyed a bit by gratitude? Write about what would shift. Explore if there are any specific places or relationships in which you'd like to commit to being more *grateFULL*. If you have a moment, check out GoodGoodGood.co online. It is all about cultivating the good through celebrating and becoming accomplices in good work. Their print *Goodnewspaper* and online e-newsletter, the *Goodnewsletter*, are stunning examples of looking for the good. How about creating your own daily *Goodnewsletter* and writing one gratitude each day in a journal, on your bathroom mirror, or via a text to yourself?

Engage (commit)

A nudge. Commit to a pocket of time today to *be* in silence, when there is typically noise and conversation. Try it. Turn off the radio, your TV, maybe even play with having a meal in silence with those in your life ... explore what bubbles up. If you like it, do it again tomorrow.

Now, it's your turn. What or who are you beckoned to *commit to*, *connect with*, or *create*—whether in small or big ways?

Share something from this PoP with someone you trust.

Your Word. Write a word that has captured your attention in this PoP.

BE BOLD. BE BRAVE. BE YOU.

