

FOLLOW
THE SUN

Worksheet



BlueChipMINDS

Notes:

ROUTINE. PRACTICE. RITUAL.

In the context of this module we define routine, practice and ritual as follows:

Routine: A sequence of actions regularly followed or performed as part of a regular procedure (Unconscious Habit) rather than for a special reason.

Practice: The actual repeated application or use of an idea, belief, activity, skill or method so as to acquire or maintain proficiency in it.

Ritual: A series of actions or behaviour regularly, invariably and consciously followed by someone that promotes elevated emotions, autotelic behaviour and are aligned to a deeper purpose and desire.

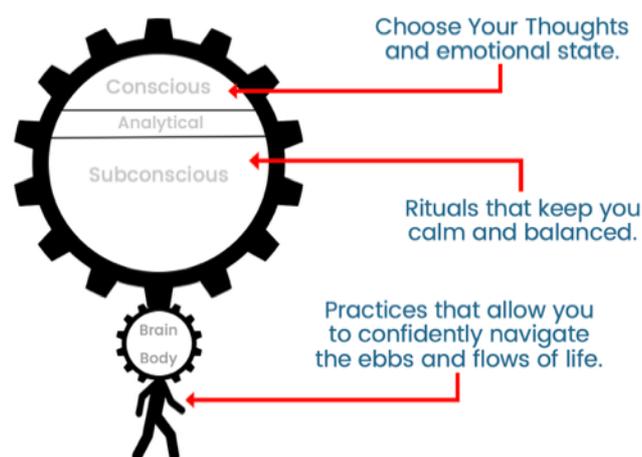
Notes:

THE LAW OF RHYTHM

The Law of Rhythm embodies the truth that everything vibrates and moves to certain rhythms. These rhythms establish seasons, cycles, stages of development, and patterns. It states that the energy in the universe is like a pendulum. Whenever something swings to the right, it must then swing to the left. Everything in existence is involved in a dance... swaying, flowing, swinging back and forth. If you stop and pay attention you will notice the Law of Rhythm working around you all the time. Everything is flowing both in and out in accordance with this law. Something must advance when anything retreats; something must rise when anything sinks. It is evident in the cycles of economies, there is a high period then a low period, it governs the movement of the planets in their orbits. You can observe it in your mental, physical, and emotional states. It governs the world of music and dance. It is the foundation of your breath, your heartbeat and your brainwaves. It can be observed in the rising and the setting of the sun and moon, ebb and flow of the tides, coming and going of the seasons, the good and bad experiences in life and the rhythmic swing of consciousness and unconsciousness.

Everything goes through cycles, yet everything has a rhythm or a pattern. What seems to be random is actually very orderly. An understanding of this law allows you to embrace all aspects of life knowing that if you are experiencing something good or on some kind of high it is probable that you will experience a downside. Masters know how to rise above negative parts of a cycle by never getting too excited or allowing negative circumstances to penetrate their consciousness, the key to success in mastering this law is in balance and remaining calm by not allowing your emotions to swing too far to the left or right.

There will always be highs and lows in life. Your ability to think allows you to choose your thoughts and emotional state. When you are in a natural downswing you can harness the law of Rhythm and consciously choose thoughts, emotions and have rituals in place that keep you calm and balanced.



The law of rhythm is a natural law and knowledge of it will allow you to establish practices that enable you to confidently navigate the ebbs and flows of life ensuring that you don't experience extreme highs or extreme lows. Instead you confidently and calmly ride the waves of complexity, uncertainty, volatility and rapid change as you explore the path that leads to your goal.

CIRCADIAN RHYTHM



Image: <https://www.liveli.com/blogs/the-wave/circadianrhythm>

The rhythmic swing of consciousness and unconsciousness is when you are awake (conscious) or asleep (unconscious). This natural internal process is known as a circadian rhythm. Your circadian rhythm regulates your sleep-wake cycle and repeats roughly every 24 hours. These 24-hour rhythms are driven by a biochemical oscillator that is synchronised with the position of the Sun in the sky.

Your circadian rhythm is built-in, and self-sustained. It adjusts to your local environment by external cues such as light and temperature. It allows you to anticipate and prepare for precise and regular environmental changes. This rhythmical quality is important in regulating, determining and coordinating internal metabolic processes, brain wave activity, hormone production, cell regeneration, and other important biological processes such as your natural sleeping and feeding patterns. Studies show that light has a direct effect on human health because of the way it influences the circadian rhythms.

Your circadian rhythm works best when you have regular sleep habits, such as going to sleep at night and waking up in the morning around the same time each day. When things get in the way, like jet lag, daylight savings time, a project or burst of inspiration that keeps you up into the early hours of the morning, you can disrupt your circadian rhythm. This will likely leave you feeling irritable, unable to focus and not function optimally the next day.

By embracing and consciously using your body's internal rhythm, following the sun, you will experience greater levels of well-being and can deliberately optimise your energy levels and mental capacity allowing you to maintain a flow state dotted with bursts of peak performance throughout the day.



WAYS TO START YOUR DAY

- | | |
|-----------------------------------|----------------------------|
| Good quality sleep | Journaling |
| Movement. | Meditation |
| Fuel (hydration and nutrition) | Connecting with others |
| Cold shower or Sauna | Forgiveness practices |
| Breathing exercises | Time in nature |
| Sexual practices | Reading inspirational text |
| Massage or foam rolling | Meditation |
| Gratitude Practice | Silence |
| Mental stimulation/study learning | Prayer/contemplation |
| Working on your goal | Walk/Run/Yoga/dance |
| Deep and meaningful conversations | Play a musical Instrument |
| Acts of kindness | Draw |
| Make your bed | Play |



WAYS TO END YOUR DAY

- | | |
|--|---------------------------------------|
| Consciously consume alcohol, tobacco and drugs | Diffuse sleep inducing essential oils |
| Eat early in the evening, avoiding heavy or rich foods | Read an inspiring book |
| Avoid violent or upsetting media | Light stretches |
| Avoid bright, white or blue light | Journaling |
| Go to bed at the same time | Yoga Nidra |
| Write down a goal related to do list for the next day | Meditation |
| Warm shower or bath | Soft music |
| Drink relaxing herbal tea | Candlelight |
| | Gratitude Practice |
| | Harnessing unconscious processing |

MORNING PRACTICES

When the sun rises this is your opportunity to power up your day and ensure the four pillars of well-being are being maintained or improved upon.

Starting your day deliberately creates a state of mind that is prepared to deal with the uncertainty of the day ahead and when you do this, the items on your To Do List tend to look after themselves. Your morning practices and rituals, when maintained over a long period of time, have the potential to save you in those times when things get rough and they will also allow you to savour the magic of life when opportunity knocks.

Thinking about your current morning routine/practices/rituals do they help you to remain...

(tick all that apply)

- Grounded and Centred
- Focused and Poised
- Attuned to your Goal/Vision
- Anti-fragile and Self-reliant
- Mentally Fit
- Emotionally Stable
- Physically Fit (Movement & Nutrition)
- Spiritually Fit

How do you spend the first hour of your day? Is it sacred time? Does it prepare you for the day ahead?

MORNING PRACTICES

Thinking about your current morning routine/practices/rituals do you feel you could improve what you are doing each morning?

Map out your revised morning routine/practices/rituals below.

Remember: This is your life, create adaptive practices, but don't sacrifice them. Think about how much time you can realistically allocate each morning given your responsibilities and what you want your morning practices/rituals to do for you.

NOTE: As part of the Life Reloaded NEXT LEVEL program it is suggested you create a placeholder of up to 20 minutes each morning to complete daily tasks that will be assigned with each module.

Who will help you to remain accountable to your new morning routine/practices/rituals as you establish them and how will can they support you?

EVENING PRACTICES

Your morning practises actually begin when the sun goes down, they start in the morning when you wake up. What you do the night before greatly impacts your motivation in the morning.

My Current Evening Practices

My Improved Evening Practices

Who will help you to remain accountable to your updated evening routine/practices/rituals as you establish them and how will can they support you?

GRATITUDE

Gratitude has been mentioned continuously as a suggested practice both at sunrise and sundown, it's a great way to start and/or end your day.

There are numerous studies demonstrating the benefits of regular gratitude practices. A short five-minute daily gratitude ritual can increase your long-term well-being, your health, relationships, emotions, personality, and even your career. Daily gratitude creates a positivity loop that increases the feeling of appreciation over time.

In the studies, it took several months of continuous practice for the largest benefits of gratitude to appear. After three months of practice, people who had a daily gratitude practice were able to self-generate feelings of gratitude and happiness on command. Continual practice can eventually create a grateful personality and transform your life.

From a health perspective, studies show gratitude strengthen the immune system and up-regulates your genes, it can also decrease pain and negative health symptoms. It can even motivate you to increase time spent exercising. It also has been shown to improve length and quality of sleep, lower blood pressure and increase energy.

Gratitude is strongly correlated with optimism. Optimism, in turn, makes us happier, improves our health, and has been shown to increase lifespan.

Studies have also shown that Gratitude can make you more trusting, more social, and more appreciative. Leading to more friends and deepening existing relationships. One study revealed that participants who were instructed to keep a gratitude journal reported more progress on achieving their goals. Other studies have also shown that gratitude motivates improved decision making, increases self-esteem, reduce insecurity, helps with focus and improves productivity.

Many people spend their days living in a program, constantly focusing on what they don't have. Instead they could be focusing on appreciating all the things they are creating, all the things in their life that are working and are actually worth feeling grateful for.

“When people say thank you, they are doing so by operating out of an unconscious program. While they may be saying thank you, they lack the awareness and allowance to actually feel gratitude for a long enough period of time for it to have an effect.”

- Dr. Joe Dispenza

GRATITUDE

It's important to ensure that when adopting a gratitude practice that you feel the emotion of gratitude. It's the emotion that actually carries the thought. This module has shown you that the feeling of gratitude has dramatic effects on a person, mentally, physically, emotionally and spiritually. It makes sense to make it a daily ritual. The aim of your gratitude practice is to authentically feel appreciation, you want to have an energetic experience. You want to feel something shift within you.

“You can always tell people who truly feel gratitude, so pay attention to these people. When they feel that emotion and really experience it, it's a completely different experience than the program of just saying thank you. Instead of going on autopilot, a person experiencing gratitude will pause in the present moment and really feel the expansiveness of the emotion and follow it with a kind word or thought. A person who lives in gratitude for the simple things in life has made it a habit.”

- Dr. Joe Dispenza

Take a moment to write about one thing you are grateful for right now in this moment. Then sit with the feeling of appreciation until it washes over you, until it moves you. Truly embody your gratitude.

GRATITUDE & YOUR GOAL

The best way to move out of your current situation is to become a self-transforming mind. This is the next evolution of your greatest understanding of where you want to be, and it all starts with gratitude. Why? Because gratitude is the ultimate state of receivership and a powerful tool to transform you and your life.

Thinking about your vision/goal. How grateful you would feel if it was already your reality?
Write down the feelings you would feel and the state of being you would experience when it happens.

These are the feelings you want to feel during your gratitude practice. Feelings that signal that you have received the desired result.

Notes: