

## Take Ten

"Seven ideas for taking 10 minutes each day for yourself."

Choose one of these "Take Ten" Strategies or develop another practice which is uniquely yours. Each strategy is a "doable bit". Whatever your choice, it is a gift you give to yourself each day, time invested in staying healthy and whole so you can be effective in your many other roles. The ten minute "ME" break is time well invested and is a first step in placing yourself on your own Priority List.

### **Driving**

Use the solitude of the car to kick start your day. Turn off the music or your favorite talk show and drive in silence for the first 10 to 20 minutes. Consider the day ahead and what your intentions are. *Drive in silence.*

### **A Morning Page**

Begin each day with a ten minute write in a journal reserved just for this purpose. The technique serves to clear your head, dream, and kick-start your day. Writing one page takes 10 minutes. Try getting up 10 minutes early and giving the first 10 minutes to your self to *write a morning page.*

### **The Snooze Button**

Set your alarm clock 10 minutes fast. When the alarm goes off, hit the snooze button, knowing it will sound again in 8-10 minutes. Give this time over to your spirit and think about the day ahead and what your intentions are. *Hit the Snooze Button.*

### **Linger Longer on the Throne:**

Many years ago I realized that people do not interrupt me when I am in the bathroom and that if I really needed to escape my busy routine or my office, spending more time on the throne was an option. Allow yourself a break in your work routine, take 10 minutes and "*linger longer on the throne*".

### **The Noon Hour Saunter**

Go for a short walk as part of your lunch hour routine. Invite a friend, but agree that you will not discuss work. You don't need to go far, a simple 10 minute saunter around the block or down the street will do. Take the time to sort out an issue or generate new ideas. *Break away and go for a walk.*

### **The Pet Connection**

Science has demonstrated that pets have a positive affect on us physiologically, reducing our blood pressure, quieting our mood, grounding us in the moment. If you have a pet, take ten to make a pet connection during your day and feel the breath return to your body. *Make a pet connection.*

### **Gratitude**

Take a moment just before dinner to talk about your day with your partner or family members. Focus on the positive. Express gratitude for what the day has provided - good weather, safe driving, a beautiful sunrise, a spirit-full interaction, abundance. This practice helps you reflect and share with one another. Use the gratitude connection as a dinner blessing. *Share your daily gratitudes with someone.*

*Excerpt from roadSIGNS ~ Travel Tips to Higher Ground*