

Day 1: Ditch Habits & Create Practices

Habits are *unconscious* repetitive acts that are done without intention or mindfulness. Our habits often conspire to eliminate spaciousness in our daily lives. Creating “spaciousness”—a breath, an interval, or a moment to consider or to reconsider—is one of the most critical aspects of self-care. It’s key to unlocking our creativity, gaining a wide perspective, cultivating resilience, thinking strategically, and making a greater impact as a movement!

When we become aware of our habits, we can choose to replace them with intentional **practices**, which are repetitive acts that are consciously done for an explicit benefit (like creating spaciousness) and which can be improved over time.



Today's Challenge

Self-care confessions: When we stop to think about it, we probably all have some pretty hilarious stories about the habits we hold which sabotage our self-care. For instance, an advocate we love gave us permission to share her recent confession:

“I used to hold my pee for hours at a time to work longer without taking a break. When I finally did hurry down the hall to the bathroom, I would unbuckle and unzip my pants along the way to “save time.” Even after several embarrassing encounters with unsuspecting passersby, I kept it up in service of getting more done.”

We’re happy to report that she has recently replaced that habit with the revolutionary practice of making time to pee (and is now keeping it zipped). But the first step was to name the habit and to hold it lightly enough to laugh about it.

Today, confess (if only to yourself) one specific habit that is undermining your self-care -- the more embarrassing the better. Then name an intentional practice that you want to shift toward instead.

Deepen Your Practice

Practicing with a friend? Share your new practice with them and check-in to hold each other accountable.