

Day 12: Get Outside and Take a Fresh Air Break

When was the last time you were outside?

Just like taking a deep breath, taking a fresh air break creates spaciousness and allows you to think more strategically and innovatively. And it helps recharge your mind, body, and spirit!



Today's Challenge

Take at least one short break outside. Allow yourself to just be still for a moment and take an expansive view of the landscape. Find the horizon. Notice what you can see in your peripheral vision. Find one thing that you haven't noticed before. Take several slow and low breaths. Soak it in. Practice this big awareness here so you can intentionally bring this same practice back into your strategic thinking at work. Doing so will help you begin to see new possibilities

Psst. DO NOT check your smart phone during this short break!

Deepen Your Practice

Create a longer opportunity to enjoy the fresh air today. Can you catch up with a co-worker or friend over lunch outside? How about having that meeting while walking?