

# 5 5 5

Some of us have more freedom over our calendar than others. This daily recommendation is 15 minutes long. When we are looking to create change in our lives it is helpful to implement daily rituals for space and reverence. In this, we bring our body, mind and spirit all along with our intentions. *All* of us. And when we fail we know that we are creating change, so we get up and back in to it the next day. Life is not perfect; let's not expect perfection from ourselves. Instead, let us take one daily step closer to life's pulse and see where that courage takes us.

## 5 minutes of stretching

**1. Cat/ cow**

**2. Standing heart open stretches**

**Feel free to add your own gentle additions. Our intent is to simply open the body, and help morning fluidity. Simple.**

## 5 minutes of breathing

**Sit, close your eyes, and listen to your breath for 5 minutes. Every time your mind wanders, come back to your breath. Here are two great videos on meditating: [here](#) and [here](#)**

## 5 moments of gratitude

**List 5 tiny things that you are grateful for that happened in your day. I prefer to write in my journal in the morning, and write the 5 things from the previous day. Example of a day: latte art, running in to Kirsten at coffee shop, expansive lomi session, homemade soup, funny joke with Corey. [Read more of why you want to do this here.](#) Remember, tiny is huge.**