

AWESOMESAUCE

Insights

A HEALTH AND WELLNESS GUIDE TO ELEVATING YOUR LIFE WITH A TWIST OF AWESOMESAUCE FLARE!

You asked and I'm delivering! Many of you asked for a quick and easy to use guide filled with actionable tools and practical tips that you can start applying in your life today. My *Awesomesauce Insights* will help you, your family, your business, and your school start tuning into and spreading the awesomesauce one empowering action at a time.

Remember *Awesomesauce* is a place we tap into on the inside with focused attention and committed practice, and spread on the outside with a superhero love dedication to making a positive impact in our families, communities, and ultimately, our world.

This is how my quick and handy guide works. I have 5 health and wellness categories with actionable and practical tips for everyday people of all ages. The categories are 1.) Mindset and Body Power, 2.) Nutrition for Normal People, 3.) Relationships and Boundaries, 4.) Spirituality, and 5.) Love and Learn Mixer.

A formula that works—pick an area of life you want to improve from the categories listed and practice one of the actionable techniques every day at a time that works for you (remember, you must carve out the time to make this happen... hint: put it on your calendar). Don't forget to reflect on what you notice when you incorporate some of these powerful and freeing tools in your life.



Mindset and Body Power

These tools, tips, and techniques are the foundation of a healthy lifestyle. Create a morning or evening routine. Test it out for 30 – 40 days. Do the practices daily and you will begin to transform your life.

★ Metta Meditation

This is a great compassion and kindness tool. *Metta* means loving-kindness. If you are running low on this, find a quiet spot. Say this silently to yourself, "I am free, I am love, I am kindness," then say this about someone else, particularly if you struggle to relate to them with kindness (I'll use an alias here), "Carol is free, Carol is love, Carol is kindness," then say this about the world, "The world is free, The world is love, The world is kindness." Repeat as often as necessary. So useful for those frenemies in our life. Give them lots of love!

★ 3-3-5 Breathing

With any mindful breath you must engage in deep diaphragm breathing. It has 3 elements—long, slow, and deep on both the inhale and exhale. Sit quietly and close your eyes. Inhale as you count silently to 3, hold the breath for 3 (for adults only, I don't recommend kiddos or pregnant women holding their breath), then exhale for a count of 5. Repeat this cycle 3-5 times.

★ Visualization—Let It Go

I love visualization. It's one many athletes and successful business people use as well. Use a deep mindful breath and go into your mind's eye. Imagine you are in your favorite feel-good place as you inhale. Soak up that feeling in your body. On the exhale, let all the stress, anger, and sadness go. Let it go! See it actually leave your mouth with your exhale. Repeat several times.

★ Affirmations and Mantras

Affirmations and mantras are a form of positive self-talk. They help us through stressful and challenging situations. The U.S. Navy SEALs use them, too! Don't know any? I've got you covered. Check out my affirmation and art card deck at the bottom of your *Awesomesauce Insights* guide. Quick link access here—<https://www.solsenseyoga.com/todays-gonna-awesomesauce-book/>

★ **Vira Power—Tune Into Your Inner Wonder Woman, Black Panther, or Superman**

Those of us spiritual truth seekers are often told to seek power within. That's right! But, it's also good to seek power on the outside within your own body posture. Strike a Wonder Woman, Black Panther, or Superman pose and feel your inner power leash. This is a great tool to use before a big meeting, test, or important conversation.

★ **Balanced Focus**

If technology has your brain all over the place and not able to focus, get into a balance pose. It doesn't matter what kind of balance. Here's an approachable one. Pick one knee up towards your chest, hold with interlaced hands, gaze your eyes on an object that doesn't move, breathe mindfully 3-5 breaths, then switch sides. Great as a brain break from the desk or electronic device.

★ **Stop, Drop, and Get your Dog On**

When you are feeling overwhelmed, the best thing we can do for our nervous system other than deep breathing is get grounded on the floor. Stop, drop and do down dog pose! Hold 3-5 breaths. Rest and repeat as much as needed.

★ **Move and Strengthen**

Find a movement form you love—running, cycling, swimming, dance, etc.—and do it every day if you can. If not, try to get it in a few times a week for at least 30 minutes (playing with your kids counts, too!). If you are over 40, we start losing muscle mass, so make sure to incorporate some strength training. If you are like me, I have all these tools at home so I can incorporate this one anytime I can make it work. Make sure to alternate movement and strength training days. Also, park farther from the entrance at places and take the stairs when you can. It's a great way to add movement into your day.



Nutrition for Normal People

Eating right can be so confusing! With all the diet plans out there, which one do we choose? Start simple and do what's right for you. It matters what we put into our bodies. Every piece of food and drink will feed our heart, mind, and spirit. Feed your body rich nutrients and notice how much more energy you have to accomplish the things you are working towards.

★ **Drink Warm Water Upon Waking**

Yes, wake up and drink some warm water. I love putting lemon in mine. It jump starts your digestive system. Plus, your brain is super thirsty when you wake up. Hydrate your power house.

★ **Incorporate Probiotics Every Day**

This one is huge you guys. Probiotics are good bacteria for our gut. The gut is the foundation of our brain and body's health. The condition of our gut health can also impact our emotions. Eat your yogurt (lots of non-dairy options out there, too), eat fermented foods such as sauerkraut or kimchi, drink kombucha or take a supplement.

★ **Skip a Meal Intentionally (at least 12 hours between night and morning meals)**

We are just eating way too much these days! Skip a meal intentionally and drink up some water instead. Come on, you can miss one meal no problem! Try to do this once a week.

★ **Stop Eating All That Bread and Pasta (get your main source of carbohydrates from veggies and whole grains)**

This is one of the most damaging things we can do to our gut and our waistline. Try starting with 1 meal each day where you have no bread, pasta, or rice. Eat only protein, veggies, and fruit. You've got this.

★ **Eat More Healthy Fats—avocado, nuts and seeds (including nut and seed butter such as almond, peanut and sunflower seed butter)**

Not all fats are created equal. We need good, healthy fat! Fat is so much better for our brains and bodies than those "fat-free" carb schemes.

★ **Cook Simple Food at Home**

You don't have to be a master chef to cook good food at home. The stuff at restaurants has way too much fat, sugar, and salt, which is not good for our brain or our body. All you need is a good olive oil, fresh veggies and a saute pan. Check out my nutrition blog, *Open Faced Bliss*, for nutrition tips and recipe ideas.



Relationships and Boundaries

Surround yourself with people, places, and things that lift you up. Our environment, whether the people we are around; the actual environment we are in outside; and the things we listen to, watch, or read have a huge affect on our heart and mind space.

★ Make a Plan and Stick To It

Make a daily, weekly, and more long-term plan and goal list. Start with action items you can easily accomplish to give your brain a boost of confidence. This will help you big time in accomplishing the other tasks.

★ Have an Accountability Partner That Can Serve as a “Fill In Coach”

I'm a huge fan of having accountability partners! Get an agreement from someone in your life that can fill this role. They will hold you accountable to your plans and goals.

★ Get a Coach and/or Mentor That is a Few Levels Up From You (meaning a few levels up on where you want to be in life—either emotionally, intellectually, or physically)

This is huge. Don't be cheap or say you don't have the money. This is one of the best investments you can offer yourself. Every masterfully skilled athlete has a coach. Why? They need help to reach their goals and a coach WILL hold them accountable. There are things we can't see for ourselves, but our coach and/or mentor can. If you can get both, do it because both serve different, but similar purposes.

★ Be Clear on Rules of Engagement

This is so vital for any relationship -personal, family, or business. Know your roles, who is doing what and why, and make sure everyone is in agreement. Speak your mind if you disagree and work toward equitable collaboration. Most conflicts occur because each person in the relationship has a different view of what the rules of engagement are! Turn conflict into connection with clear rules of engagement.

★ Engage in Attuned Listening

Most of the time we are in hearing mode. We act like we are listening all the while we are planning on what we are going to say next to prove that our point of view is right and better. Take a deep breath when in conversation, make eye contact, keep your posture relaxed and open, and repeat back what you heard to make sure you understand. For example, “I heard you say....,” “It occurs to me that you are saying....,” “It makes me feel.... when you say that.” Connection in conversation is key.

★ Say What You Mean and Mean What You Say With Clarity and Kindness

There is no greater tool than the power of our word. Being fully self-expressed though can be a challenge. Try the *Let It Go* visualization that I shared before an important conversation (or during) and say what you mean with clarity and kindness. Many times what we fear will seem less scary once we say the uncomfortable thing. We all want to do better, and most people will appreciate you being self-expressed with clarity and kindness.



Spirituality

No matter what your spiritual or religious background is, a spiritual practice will help you tune into the greater mysteries and magic of the world. These practices will help open your creative fire inside and out! If you are religious, these practices will also deepen your commitment to your chosen faith.

★ Take a Walk

Walking is a great spirituality practice! You don't need a lot of time. Sometimes a few minutes can help us make a huge heart and mind space shift. You can walk briskly around the block, walk slowly with deep breaths and intention, or hit up a trail and get an extra dose of this magic practice. Though there are times where I walk with my phone to listen to a book or a podcast, this is not one of those times. No phones on this one. Just walk, be open, and listen to what comes up for you on the journey. Enjoy the silence and solitude.

★ Color for Fun

Adding color into our day can impact our emotional state. It's calming and it sparks a different part of our brain where connection and creative insight have center stage. There are many adult coloring books out there. This is a great way to wind down the evening. Try it. It feels so good!

★ Start a Gratitude Practice

Be grateful for the things you currently have in your life. Gratitude has a positive impact on our brain chemistry. Say 3 things you are grateful for each day or write them down. They can be for anything! Some days I'm grateful for my favorite tea, laughs, and a comfortable place to sit and read.

★ Journal

This is such a powerful practice. Even for all you out there that say, "I'm not a writer!" You don't have to be a writer to have a journaling practice. What do you write? Anything! Get all that stuff that is crowding your heart and mind space out onto paper for your eyes only and watch the magical mysteries of the universe unfold.

★ Contemplative Prayer

If I don't have time to meditate in the morning I ALWAYS fit in my contemplative prayer. Some of you might be uncomfortable with praying. That's ok, too. You don't need a script to talk to God (or whatever word you are comfortable using here, i.e., Love, Universe, Reality, etc.). Just have a conversation and let your deep breath dance in the time of connection and communion. Don't like prayer at all? Have a quiet moment to express thanks.



Love and Learn Mixer

Add the sparkle, fun, and laughter into your day. Or, maybe you need to rest more. These tips will help you get just the right mix of lovin' and learnin' in your life to make it bigger and brighter in every aspect.

★ Learn Something New Every Day (our brains love novelty)

Our brains have the ability to keep growing every day. Learn something new. Every day. Yep, that's right. You might not finish the learning process that day, but you can certainly start and add on as time goes on.

★ Read Something Every Day (use your transition moments with audio, e-book or try the Blinkist App)

Reading is one of the main ways we keep learning. Sitting down with a book in our favorite nook may be challenging at times. I love e-books on my phone, audio books, and I'm loving the Blinkist App as it takes the highlights of books and gives them to you in quick, bitesize chunks.

Get Socially Real (stay face-to-face connected with friends and family)

★ Mark it on your calendar. Make it happen. Connections stay alive because of what **YOU** put into them. We stay young and more alive when we are surrounded by friends and family.

Be of Service (mentor, help with a service project, donate to a cause)

★ You don't have to commit to every weekend doing this, but carve out some time to give back. If feels good! When we feel good we do good things. The other person will feel good too. This is my favorite way to spread the awesomesauce around the world!

Laugh (even when you don't want to...I promise it will make you feel better)

★ One of the quickest ways to turn the moody blues into rainbow hues is to laugh. Smile. Laugh. Force it out until you feel the shift. It will happen. My older son and I use this one all the time. It's good for the heart.

Take a Mind/Body/Soul Day for YOU

★ Schedule a day off for you. Don't do errands or hang with the family or get extra work done. This day is all about recalibrating your system so you can be the best you for your friends, family, and colleagues.

Get Outside Every Day

★ When I've had an emotionally demanding, psychologically draining, and/or cognitively intense day, I have to get outside. Getting outside in the natural sunlight and air helps us hit reset in a big way—emotionally, mentally, and physically.

Get Enough Sleep and Know Your Chronotype to Produce More and Sleep Better

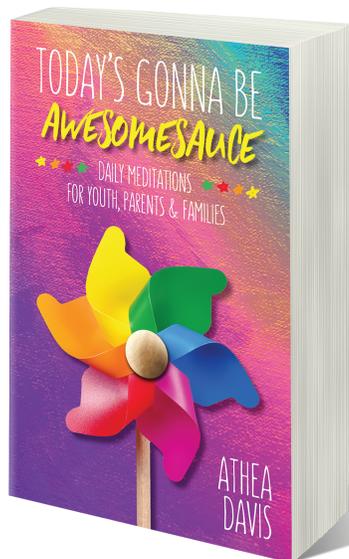
★ I can't really give you a number on what enough sleep is for you as we are all different. You often hear 7 – 8 hours, but for some of us it may be more or less. Also, learn about your chronotype (a person's natural inclination with regard to the times of day when they prefer to sleep or when they are most alert or energetic). Check out Dr. Michael Breus and read all about his chronotype research.

My *Awesomesauce Insights* are a great, quick and handy guide to start tuning into and spreading the awesomesauce in your life. But, I have a question—**Are you ready to fully access your freedom, potential, and purpose in life?**

I have been completely stuck in my life and after years of my own research, vast experiences, and trials and tribulations I have finally unlocked my purpose. I want to help you unlock your purpose, too, each and every day in the most freeing and empowering way! To fully access your freedom, potential, and purpose, you will need some additional resources to keep you in the game. I've created two resources just for you.

Check out my practical and accessible daily meditations book (for all ages) and my mindfully-infused educational resource products to help you, your family, your business, or your school build a strong mindset foundation to accomplish your goals successfully.

My book and my mindfully-infused products are the perfect resource for home, school, or business.



Awesomesauce The Book!

Are you ready to take your life, your family, business or your classroom to the next level?! Make small mindset shifts every day with my fun, practical, and accessible daily meditations book for youth, parents, and families (and educators, too!). Whether you are beginning to explore meditation and mindfulness or you are more advanced in your practice, there's something for everyone of all ages.

List Price - \$19.97

"Holds attention of kids, is VERY relatable, and inspirational."

"This book is the highlight of my day!" "The daily meditations are the best!"

"Thank YOU, Athea! You are an inspiration to me. I love your book! And YOU!"

Purchase on my website at www.solsenseyoga.com or on Amazon at <https://www.amazon.com/Todays-Gonna-Be-Awesomesauce-Meditations/dp/099877796X>

Awesomesauce The Card Deck!

Affirmations are a form of positive self-talk to help us overcome challenging situations, reduce fear and stress, and they help us shift into a growth mindset that fuels and increases our creative and performance capacities with confidence, power, and love. List Price - \$25.99

"Mindfulness, peace, and JOY! That's what these cards bring to the classroom and to our family routines. I love the open-ended graphics and affirmations. They stimulate creative conversation, connection, and action in both kids and adults. I highly recommend adding these Awesomesauce cards to your daily routines whether you're a classroom teacher, parent, or CEO. They will assuredly spark inspiration throughout your day." —Meredith Blanks Paterson, M.A., RYT, RCYT, Yogiños: Yoga for Youth®

***Special* Purchase both the book and the card deck from my on-line store for a special package price of \$35.99 (You save \$20!)**

Fun-filled and inspiring affirmation and art card deck

for youth, parents, and educators
52-card deck, plus 5 bonus cards!

Sol Sense Yoga® Created by Athea Davis, CP, E-RYT, RCYT



Designed by Lindsay Burck
lindsay@artsoelectric.com
713-909-0843

Written and Created by Athea Davis
©2018 Sol Sense Yoga®
athea@solsenseyoga.com
832.257.3598
P.O. Box #27104
Houston, Texas 77277