

How to lead A TRANSFORMATIONAL LIFE



5 simple exercises that will
set you on course
towards living the life
you love

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Intro

Welcome

This short guide contains five simple yet powerful practices to support personal growth, mindfulness, and clarity.

Take a moment for yourself — let's begin.



important tip

Make sure you always approach these exercises with an open mind. What you find just is. No judgement. Even if you find your self judging... take note that it happened and let it be. This will change your game completely!

The exercises combine techniques from the fields of personal development and mindfulness. That is a powerful way to guide your self. It makes sure you stay on track towards your dreams and at the same time it helps you stay true to here and now and to find pleasure and enjoyment in everyday life.

You cannot have one without the other which is why it is so important to connect to both vision and body.

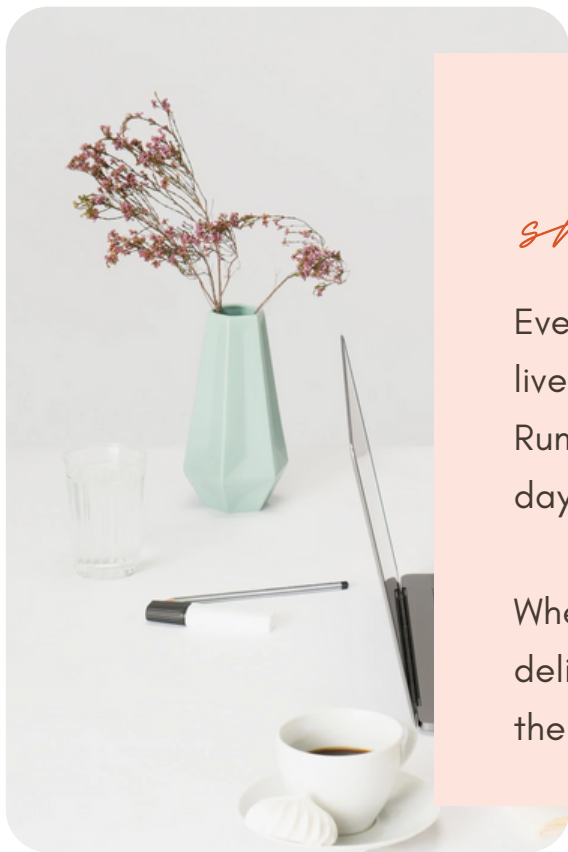


Exercise 1

Journaling prompt

1. Take a moment to come to stillness. You may want to focus on your breath for 3 breath cycles.
2. Continue this journaling prompt: Today I want to experience more of...
3. Pick 3 things you want to experience more of. Start out with emotions or states of mind. For example love, joy, community. And after a while you can move on to other types of experiences.

“Remember that nothing is wrong. Be true to yourself. What you want to experience more of is perfect. Just trust the first things that come to mind. A few words are enough. If you live difficult circumstances you may just want to experience more ease! What ever you want! That is key.



short reminder

Everything starts here and now. Yet, we tend to live most of our lives in the past or in the future. Ruminating or worrying. Maybe, on good days, daydreaming.

When we are not “at home” most of the time the delivery man cannot find us. And what we want the most, we cannot receive.

Spiritual or personal growth pitfalls

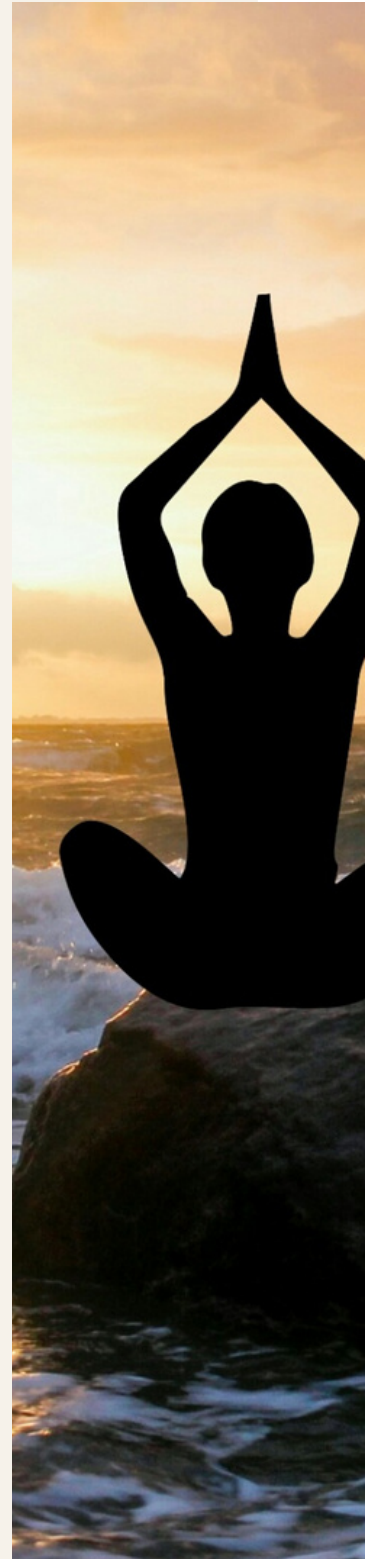
When I first started my spiritual and personal growth journey I was so excited that there were answers out there I did not know existed. I used spiritual tools, meditated and turned towards the sources I thought were the key.

After a while I felt exhausted. Nothing happened and I felt sad and lonely. I really had to hit rock bottom because shame also kept me from sharing this with others. That's when I decided I wanted to come back to life. Try this growth-ting from a different angle. And everything changed. Remember that you hold your own power. Seek and listen to you own body. All the truth, joy and love you can possibly want is hidden within your own physical experience. Welcome back home!

Exercise 2

Body scan

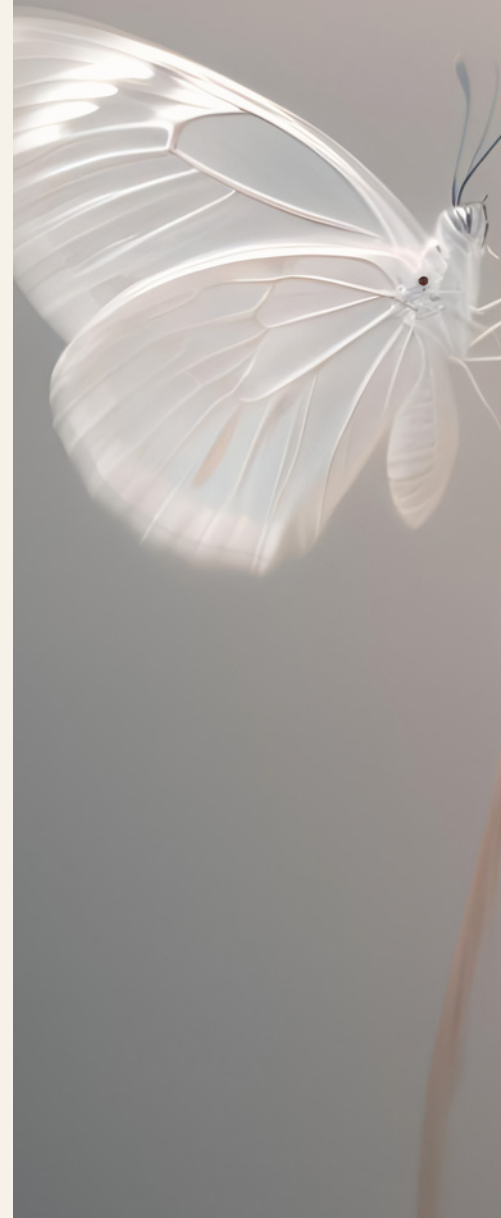
1. Take some time for your self. Don't make it harder than it is. If you only have three minutes, three minutes will do.
2. Sit or lye down. Close your eyes. Feel the surface underneath you. Take a deep breath and then focus on one body part at a time. Start with your feet, then legs, then buttocks, back and so forth.
3. Decide what attitude you want to carry with you during the exercise. This will help to stay focused. I find that curiosity helps. What new experiences will I have today? How does my feet feel today?



Exercise 4

Breath Anchor

1. Nothing connects us to life more than our own breath. In fact. Every time we breathe in, we breathe in life.
2. Sit or lie down. Close your eyes. Feel the surface underneath you. Set a timer if you have limited time. And breathe. Follow your breath. How does it feel? The more times you mind wonders, the more practice you get to return. And be kind to yourself!
3. Guide yourself through the experience to stay focused. Where do I feel the breath the most? How does it feel? Warm, cold, tingeling? Is there a difference between my right and left nostril? And so on.



“Nothing sets us up for a great day like the feeling of gratitude. Focus on the small things to make the feeling come to life more. If this is not within reach. Do not worry. Do not force it. Focus on your body or your breath instead. That will lead the way!

Exercises 4 and 5

Gratitude and Dreaming

Use the journal prompt “I am so happy and grateful...”

continue with 3–5 small things. If it is easy and momentum has you in a good vibe. Then feel free to keep on adding things.

If you are in a great state of mind, move on to visualising your dream future. Only do this for a few minutes in the beginning and be as specific as you want and can. If the vibe is not really there you move away from it and back to your body or breath.



Moving forward

Remember to always come back to your body and breath. And come back to here and now. You may want to include more and more of a mindful approach to life. This is when you start paying attention to everything that you experience in this particular moment. While taking a walk, while doing the dishes, while eating an apple.

Having a mindful approach to life will help you shift your state of mind but it will also train you to be able to focus better. And with that ability you will better be able to stay on track towards what you want.



Remember, You are not your thoughts. You are not your emotions. Don't be afraid to ask yourself. What am I? Who am I? The answers will be found in each experience.

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