



MINDFUL MOVEMENTS WITH CARO

# CREATE YOUR MINDFUL DAILY ROUTINE

MOVE.BREATHE.SMILE

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IS YOUR WORLD UPSIDE DOWN?



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# MOVE.BREATHE.SMILE

## LET'S START NOW

“Happy Body - Happy Mind” is sometimes easier said than done. In everyday life, when struggling between job, family, friends and all the expectations for life, staying connected with your body & mind and taking care of their balance can be a real challenge.

With this E-Book I love to share some seemingly small but powerful tips about how to create your own mindful daily routine.

Allow them to find a place during your day, then they will allow you to stay more focused and grounded, and to feel more peaceful and calm during a hectic day or in unexpected situations.

They can help you to become more aware about the fullness of your live and may let you create a space to live and enjoy your life mindfully.

Sure, not every tip may fit you, but take it easy, everything starts with a first step, then others will follow by themselves.

Start with one or two, that seem to be easy to realize for you and give them a go for one or two weeks.

Can you notice a little difference in your life?

The world might start looking already different after a few days.

// 1 // WAKE UP EARLY //



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// 2 // TAKE A DEEP BREATH



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## TAKE A DEEP BREATH

Did you ever pay conscious attention to your breathing?

Mindful breathing practices are a highly effective tool to influence our mental state.

Our breath has an immediate effect on our nervous system and our mind. A steady breath means a calm mind. Mindful breathing, only for a few minutes per day, helps to reduce stress and promotes relaxation.

Let's take a breath and spend 5 – 10 minutes of your extra morning time to focus on your breath:

Find a comfortable position, close your eyes, and let's start breathing mindfully.

Forget about everything around for a moment, just focus on your breath.

Inhale deeply into your belly, up into your chest, let the air expand your ribcage, up to your collarbones.

Exhale fully, all the way down from your collarbones, down your chest and down to your belly.

With every inhale you grow. With every exhale you ground, feeling more stable and safe.

Is it challenge to just sit and breathe?

No worries, start with only a few rounds. As soon as you feel more comfortable after a few days, increase the number of rounds. It will allow you to start even more calm and relaxed your day.

Whenever you have the feeling you are getting stressed during the day, repeat the exercise to bring yourself back into a more grounded state of your mind.

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MOVE.**BREATH**.SMILE



// 3 // SET YOUR INTENTIONS



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## SET YOUR INTENTIONS

Intentions are your guide to remind you about how you want to be and to live your life. They allow you to focus on who you are in the moment and to become aware of your values.

Whereas goals are often connected to outwards things, like getting a promotion at work, Intentions are related to internal things like motivations or inspiration.

They refer to characteristics of how you want to act towards yourself and others, such as acting with kindness and openness or staying grounded and calm.

Intentions come from your heart and they are a way to bring your heart and your mind into alignment. Therefore, intentions should be set in a space of silence and relaxation, like a breathing practice or meditation. These moments allow you to truly listen to your heart and to focus on your inner thoughts and feelings about what matters most to you.

Give yourself a few minutes per day to listen and ask yourself what the values of your life are. Let these values create your personal intention. Keep them positive and repeat them every day.

*Intentions compressed into words can enfold magical power ~Deepak Chopra*

So, let's take a breath and give yourself a smile to listen and to let your intentions settle down into your heart and your mind.

// 4 // BOOST YOUR ENERGY  
AND  
MOVE THROUGHOUT YOUR DAY



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// 5 // SET YOUR GOALS AND  
VISUALIZE THEM





## SET YOUR GOALS AND VISUALIZE THEM

Did you ever think about your goals or a dream you want to become true?

Goal setting and visualization are extremely powerful tools to make things happen.

The power of your mind is amazing. It can lead you towards the life you truly desire.

Visualizations are also used by athletes and stage presenters to focus on their best performance.

By setting clear goals and visualizing them your mind will start focus on them and you will see them through.

Give yourself a few minutes every day. Find a comfortable seat, take a breath, and close your eyes.

Listen to yourself and become aware of things in your mind you really want to achieve.

Now, set a clear but realistic goal of when you will get them ?

Don't think too small, it might be also a dream, that always seemed to be impossible to reach till now.

What are the goals you want to reach in one week, one month and in half a year?

Keep your eyes closed and start visualizing yourself reaching these goals as detailed and as colorfull as possible. Can you feel the emotions connected to the moment you achieve them?

Repeat this short visualization every day in your morning routine.

If professional athletes and stage presenters use it to be the best of the best, you can do as well.

Let's start and see your dreams become true.

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// 6 // SEE THE WORLD  
THROUGH GRATEFUL EYES



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## SEE THE WORLD THROUGH GRATEFUL EYES

Be grateful for beautiful moments in your everyday life,  
regardless how small they may appear to be.

The sun shining when you wake up, a nice phone call with a loved one, a message that made you happy, a delicious meal, a friend you met, a job done, your workout in the gym or just a nice song.

It doesn't always have to be big or important things to be grateful for.  
Open your eyes to those little things that have made your everyday life shine  
and let you smile for a moment.

Whether before falling asleep, after waking up or just in between, think about  
3 things that made you smile during a day.

You will see, it's all about mindset.

After a few days, the world may not look the same again.

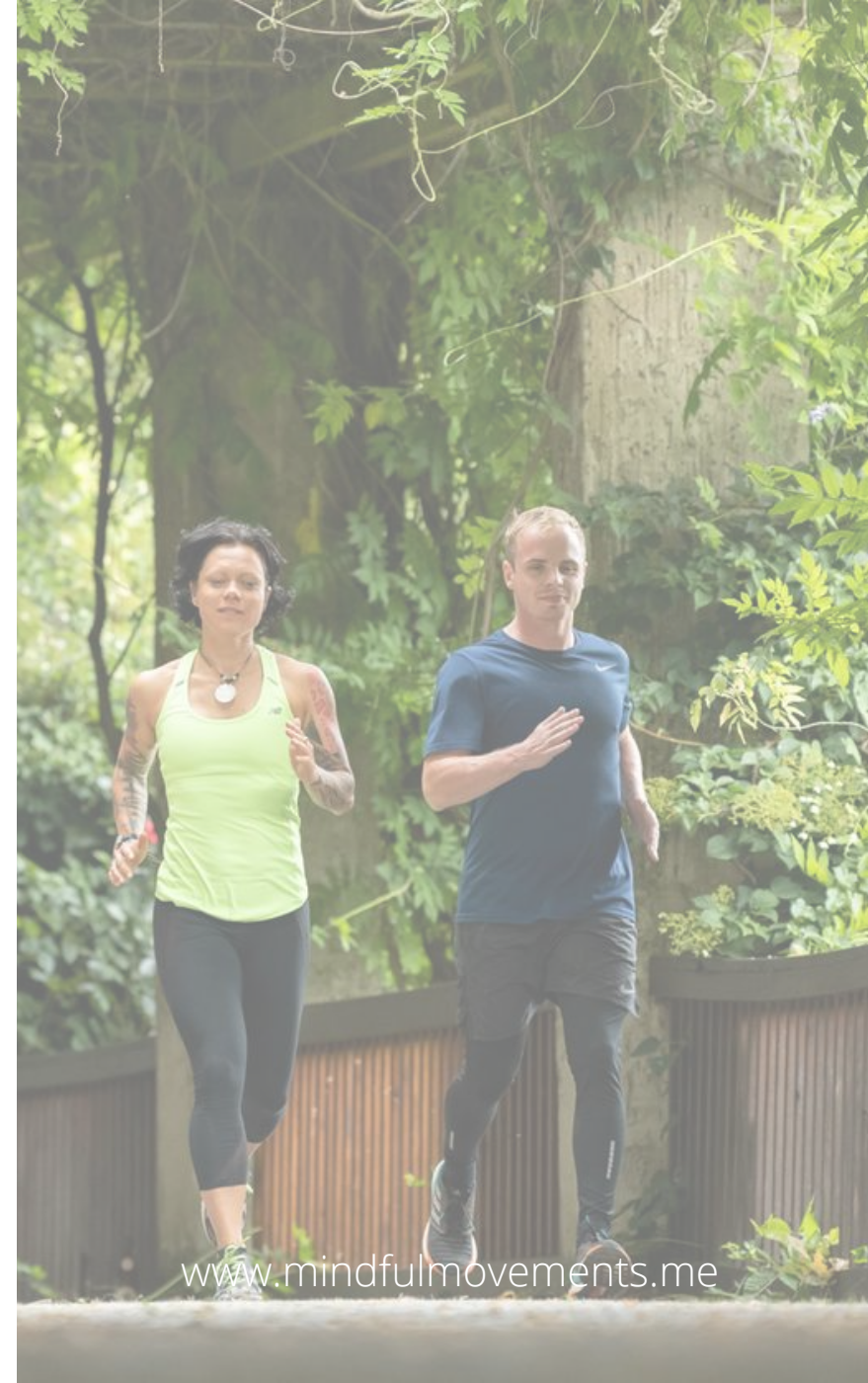
// 7 // CHALLENGE YOURSELF  
AND BE CURIOUS ABOUT NEW THINGS



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// 8 // CONNECT WITH NATURE



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## CONNECT WITH NATURE

It's not only getting some fresh air what makes spending time in nature so beneficial. Going out of your room and getting some sun light while being surrounded by flowers, trees, mountains, the ocean, a lake or some green in a park has so much more healthy benefits. Therefore, you should connect with the nature around you at least for a few minutes every day. Only a few minutes surrounded by some green, can let you feel refreshed and rejuvenated.

Spending time in nature has shown positive effects on boosting the immune system. It can lower stress hormones in your body, make you feel more relaxed and reduce anxiety.

Our body needs sunlight to produce Vitamin D, which is essential for healthy bones and other health protective effects.

It can boost your creativity and is also associated with a more balanced and happy feeling of life.

No time during a busy day?

Then, exercise outside instead of going to the gym. Go for a lunch outdoors and spend as much as you can during your weekends out in nature.

Let's go out and enjoy the beautiful nature around.



// 9 // GIVE YOURSELF A SMILE



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## GIVE YOURSELF A SMILE

Smile and the world will smile back.

Before you leave the house take a look into a mirror and give yourself a big and honest smile, telling yourself this is going to be a good day.

Smiling activates muscles in your face which are connected to emotional centers of happiness and joy in your brain. It relaxes the body by releasing endorphins, the hormones of happiness which diminish and reduce stress hormones in the body.

Telling yourself it's going to be a good day activates your subconscious mind to create a positive mindset already after a short while.

It is a powerful way to gain more confidence and being more optimistic.

Start with a smile, think positive and carry this positive mood throughout your day.

Of course, you can repeat it several times during the day.

And, if even so, not everything is good now, it will be better soon.



// 10 // ACCEPT AND ENJOY LIFE  
IN THE PRESENT MOMENT



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## ACCEPT AND ENJOY LIFE IN THE PRESENT MOMENT

Nothing is permanent and life means changes.

Often there is unforeseen things happening that have a huge impact on our life, as we were not expecting them.

In moments of suffering or deep sadness it seems to be impossible to embrace these situations.

The challenge is to learn and to cultivate a full acceptance of life as it is.

Developing a positive mindset that allows you to see whatever happens in a positive way, will enable you to cope with future challenges in different way and it will let you see life from another perspective.

"How would it feel like to fully accept this situation?"

Next time you are dealing with a challenging situation that triggers you or makes you feel sad, repeat this empowering question 9 times internally and repeat it again during a few more days.

It will start to train your unconscious mind to develop an accepting and positive mindset about this situation.

Ask yourself as well "What could be beneficial and positive in this situation, how can I grow with it?"

Step by step it will make it easier for you to accept and to deal with future challenges life will surprise you with.

It will give you the power to flow through your life smoothly instead of roughly and resistant

Life is beautiful but short - So, let's take a breath, move and flow through it, grow with every new situation and always see it with a smile on your face.

*Life's true gift lies in your freedom to design its beauty.  
With each rise of the sun, you get the chance to fill your days with meaning  
and to live your life the way you choose.*

I hope this little guide allows you to explore the beauty of your life,  
to fill it with meaning and contentedness and with moments full of happiness and joy.

May you be happy, may you be healthy and may you always feel free.  
It comes from the heart  
Caro

