

## Focus Practice 6: Energetic Pitstops

### What is the purpose of a Focus Practice?

The intention of a Focus Practice is to develop the “mini-muscles” needed to live in the New Way (NW) of the Relaxed Caravan Traveler.

### Which muscles will this practice develop?

In this practice you will strengthen the muscles of taking small action on behalf of you by doing something that will increase your energy for the day ahead. It has been developed in support of the developmental objective #2 which is: to be more able to bring my best energy to the day’s adventure.

### What will you do each day?

Do this practice daily 2-3 times per day when the Relaxed Caravan Traveller is making a pitstop.

A pitstop could be any or all of the following – you decide:

- When you go to the washroom;
- When you get yourself a snack or a glass of water;
- When you’re paused waiting for a family member who is doing some kind of extra-curricular activity;
- When you check your phone...etc.

In this moment I want you to notice and rate your energy level. Use a rating scale like 1-10 (where 1 = full on exhaustion and 10 = feeling invincible). Don’t worry about getting it perfect, just do a quick assignment of a level.

Once you know your energy level see what you can do to increase it by 1 point. Do this for 1 minute. Here are some ideas:

- When you go to the washroom → wash your hands in very good water, making sure to soap up you whole hand and along your wrists
- When you get yourself a snack or a glass of water → jump up and down for a minute making sure to get every part of your body moving
- When you’re paused waiting for a family member who is doing some kind of extra-curricular activity → grab your journal or write in a note feature the 3 best parts of your day and FEEL how great they were
- When you check your phone → take 10 deep inhalations and exhalations and let yourself settle

There is no right or wrong way, so play with this practice to see what you can do to increase your own energy levels. Take some time to notice how it affects your body and how you’re feeling.

### Daily Journal Questions

After this practice or at the end of the day, take some time to reflect on your practice. Respond to the following questions in your physical or online coaching journal as the way to strengthen and integrate these new muscles.

1. What was your energy level like today? What did you do to increase your energy level?
2. How did the action you took impact your energy and how did it linger throughout the day?

## Weekly Integration Questions

At the end of each week, please sit down and scan over your previous week's writing and answer the following questions:

1. What are you noticing about your energy and how it lingers or impacts your day?
2. What have you discovered about what is possible in small moments and how it can make a difference for you? What beliefs are you learning about doing things in "small" amounts?