

Focus Practice 3: Energy for the Journey

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’ll continue to strengthen muscles of self-compassion and care as you attend to your physical body and notice how it is in the day. This practice builds muscles related to body awareness and strengthening your capacities to cultivate energy for daily adventure. It has been designed in support of developmental objective #1: *to be more able to bring my best energy to the day’s adventure.*

What will you do each day?

Each day set aside 10 minutes to go for a walk. You may decide to do this every day after dinnertime or on a lunch break or it may vary depending on the day. Be sure to schedule it in as you did in your last practice to continue strengthening this muscle.

To prepare for this practice dress in the clothing that feels suitable for you to walk at a comfortable pace. Before embarking on your walk, close your eyes and breathe in the following way: inhale to a slow count of 3, pause, then exhale to a count of 5. Do this breathing pattern five times.

Then with your eyes still closed scan your body starting with your head, going all the way to toes and *compassionately* notice where you have any tension, or where you are stiff or sore. You can also notice where you are relaxed or loose as this is part of a relative awareness of what is happening in your body. Simply acknowledge how you are feeling in your body as a part of today’s adventure.

Then go for your 10-minute walk.

While on your walk, check in 2-3 times with your body, noticing the tension, stiffness, soreness, and what is relaxed, loose or feels like it moves easily.

When your walk is over check in with your body to see how things have shifted and take a moment to acknowledge this time with you.

Daily Journal Questions

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

1. What physical sensations did the Big-Hearted Juggler notice in her body before, during and after her walk today?
2. What judgments arose for the Big-Hearted Juggler as she took time to be with herself? What expectations of yours are not being met that triggered this judgment?

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 is the Big-Hearted Juggler discovering about how movement changes the energy in her body?
2. How are the expectations that the Big-Hearted Juggler holds impacting her ability to take time with herself? What would change if she held a more compassionate view of herself?

Come prepared to make the most of your Group Coaching Call!

What are your key insights about The Way of the Big-Hearted Juggler? What are you feeling curious about as you begin to develop in the New Way of the Relaxed Caravan Traveler? These are some of the questions we'll explore in our next call together.