



UPPER OTTAWA VALLEY TAI CHI CLUB



ROUTINE...

We see this approach with many professionals, athletes, doctors, race car drivers, writers, entertainers, chefs, etc. They all have a standard routine that sets them up for success.

Step 1.

Your Morning Routine - getting up at the same time EVERY day, set your alarm ½ hour early if you need more time, and practicing your tai chi.

Step 2

Eating Healthy

Step 3

Make time for meditation

Step 4

Take time to enjoy the important things in your life

Step 5

Your "going to bed" routine - Not eating after 8:00 pm, reading something inspirational for 20 minutes, going to bed on time, writing something positive from the day in your journal (only takes five minutes). Critical Point: The mind continues to process the last thing it absorbed before you drift off to sleep.

The benefit of a good practice routine is that you feel more in control having done so. When you are in control, you perform better and you are more relaxed and happy! You think more clearly, you react faster, your intuition takes you further, and most importantly *you feel better!* Everyone wins, including your family, friends and co-workers. This consistency will do wonders for your health!

NO Excuses.