



WARRIOR GODDESS

WISE Challenge

Day 5 Worksheet

Stillness and Steadiness

Developing practices for stillness and steadiness help support our intuition so we become rooted and receptive.

For today's task, explore how to practice stillness and steadiness with these three activities:

- 1.) Play with the "gap practice" I mentioned in today's video. For example, while you're making your morning beverage today, use that gap to practice stillness within you. Breathe. Stay present.
- 2.) Set a timer for 3 minutes and dance, wiggle, or move wildly while making noise. When the timer goes off, hit "repeat" and find your center through breathing. Let your body settle down and just be for 3 minutes. Repeat as desired.
- 3.) Go somewhere that is a stretch for you to be around people or overwhelming a bit. Allow yourself to feel the chaos and then ground into your being. Feel your roots go down into the earth and find your center of stillness. Find your steadiness.

After you've completed the activities above (or your own stillness or steadiness practice) write about how you feel and what you noticed.