

# MY YES-NO LIST

## YES list

1. Say I love you to at least one person everyday (including myself).
2. Do Nothing Breaks, every day, at least one for 15 minutes.
3. Stretch breaks throughout the day.
4. 8 hours sleep minimum every night.
5. At least 1 girlfriend visit/week.
6. Healthy, organic foods – the right amount when I am hungry. Eat for vibrancy. Choose foods that support the different parts of my cycle.
7. Journal daily: describe my physical, emotional, & mental states.
8. 15-minute minimum meditation/day.
9. Get outside daily and get your feet onto the ground (if possible!)
10. Go dancing 1/week or take daily dance breaks.
11. Get a massage 1/month.
12. Rest the day after travelling.
13. Rest on the first day of my cycle, at least some!
14. Take sick time as needed...don't ignore my body's needs.
15. Communicate openly with my significant other everyday. Even when it's challenging. (Fun thing to do: Buy window markers at a crafts store and write messages to your love (and affirmations to yourself) on the bathroom mirrors. Leave a set of window markers in the bathroom and see what happens!
16. Get in at least 8 lingering hugs or touches a day with loved ones – 8 is the minimum amount for adequate oxytocin production. Oxytocin is the juicy love, bonding hormone that we all need!
17. Sing at least 1/week.
18. Ask for support at least 1/day.
19. Write- stories, poems, blog. Take pictures. Keep the creative fire lit!
20. Read something inspiring or listen to an inspiring audio at least once a week.
21. Keep fresh flowers on the kitchen table or your desk
22. Follow the Moon & its phases for hints & support. Practice seasonal living.
23. Notice my breath everyday- and when I do, smile.
24. Create photographic memories of my adventures/activities/joys.
25. Say "Yes" more to risks, adventures, new experiences, and 'good-energy' people.

## NO list

1. No eating when not hungry or upset
2. No pushing through
3. No ignoring my body
4. No email before my morning grounding time. No exceptions!
5. No "going it alone"
6. No "going along"
7. No stuffing feelings and needs
8. No working in the bedroom
9. No stressful conversations at meals
10. No competing or comparing myself with other women
11. No impulsive actions/decisions
12. No rushing
13. No excuses for NOT doing the YES list!