

# *Unleashing Your Inner Voice*

## **Day One: Get Quiet**

How can you hear your inner voice if your mind is filled with incessant chatter and repetitive thoughts? Or if you're constantly filling your outside space with noise and distraction?

Over the next five days, while you shift your focus and intent toward tuning into your inner messages, carve out at least 60 seconds each day to sit quietly with yourself. Call it meditation, call it something else, just take a minute to sit silently by yourself and focus on your breathing.

You can close your eyes or keep them open with a soft gaze. Turn your attention inward, feel the breath entering and leaving your body. Notice sensations or tension in your body. When a thought pops into your mind, just notice it and let it pass and bring your attention back to your breath and your body.

I like to imagine I'm in a very important meeting (*I am, with myself*) and whenever my assistant (brain) pops in to say I have a call, I gently and firmly inform them that I'm unavailable until after my meeting and return to the task at hand. Somehow, acknowledging the really persistent thoughts and assuring them that I will get back to them later helps me shake them off (*and psst, if they're not helpful thoughts, you never have to actually get back to them*).

If you can, do this practice multiple times throughout the day - before you leave for work, in a bathroom stall, on the bus, wherever you can. If you can tag it onto another daily activity, it will help you make it a daily habit. For instance, after you take your first or last sip of coffee, after you sit down in your car, after you brush your teeth, etc. Just pause, breath, and find a moment of stillness and awareness in your body.

Go ahead and try it right now!