

















DWEP Sheet

|  morning routine | | my SMART goals <small>Specific, Measurable, Action-oriented, Realistic, Timebound</small> | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|-----|-----|-----|-----|-----|-----|-----|
|  | Sitting Meditation (10 min) | | | | | | | | |
|  | Hindu Squats and Hindu Pushups | | | | | | | | |
|  during the day | | | | | | | | | |
|  | Whole Food Plant-Based Diet < 7pm | | | | | | | | |
|  | No Intoxicants | | | | | | | | |
|  | Meaningful Human Connections | | | | | | | | |
|  | Nature | | | | | | | | |
|  | Mindfulness | | | | | | | | |
|  | Mental Nourishment | | | | | | | | |
|  evening routine | | | | | | | | | |
|  | Arms Swinging (10 min) | | | | | | | | |
|  | Bed By 10pm | | | | | | | | |

Post this sheet somewhere visible and tick off  completed practices every day.

Check in once a week with your DWEP Buddy.   

Sitting Meditation In a quiet place, I sit with my back upright and a gentle smile on my face, patiently feeling my natural in- and out-breaths, and I gently bring my attention back to my breath whenever I get distracted.

Hindu Squats and Hindu Pushups I do Hindu squats and Hindu pushups at a 2:1 ratio, breathing through the nose, starting with a very low number of repetitions and increasing very gradually over the weeks.

Whole Food Plant-Based Diet Before 7pm I base my meals around whole grains, legumes, vegetables, and fruits, and I stop eating at 7pm.

No Intoxicants I abstain from smoking, alcohol, and recreational drugs, and I use better ways to meet my emotional needs.

Meaningful Human Connections I spend time with people who make me feel safe and valued, I communicate mindfully, and I contribute in the ways which make me happiest.

Nature I expose myself to fresh air, sunshine, and plants.

Mindfulness I cultivate open awareness of my breath, body, feelings, thoughts, and the present moment throughout the day.

Mental Nourishment I filter my media consumption to preserve and nourish my contentment, compassion, and clarity; and I avoid using electronics at night.

Arms Swinging Standing in a quiet place, I swing my arms back and forth, neither too fast nor too slow, bending my knees gently on each fourth count.

Bed by 10pm Before 10pm, I lie on my back with my hands on my lower abdomen, and I breathe mindfully waiting for sleep.