

















# DWEP Sheet

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

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.