



*The Waking
Hour Mission:*

Creating a Culture of Wellness

The Waking Hour was created to empower people to deepen their understanding of living a more authentic and holistic life, while cultivating the skills to thrive individually, in community, and in this rapidly-changing world.

THRIVE

Method

Trust

Hope

Responsibility

Imagination

Vulnerability

Empathy

In order to feel present, optimistic, well-balanced, and engaged in this life, you need to nurture and grow your inner THRIVE qualities.

The **THRIVE** Method

a closer look at how to improve your life.

Trust

Trusting the process, trusting you have a purpose, and having faith in yourself. Even in darkness, there is a guiding light.

Hope

It is important to have a perpetual state of optimism even when facing the unknown.

Responsibility

You are responsible for your choices, your own life, and your personal happiness.

Imagination

As Marie Forleo says "Everything is Figure-Outable". Take inventory on each part of your life and evaluate your present circumstance. What is working? What needs tweaking? And what needs to be let go? Be creative, be innovative, be motivated to try new things and change... and don't be afraid to take some risk.p

Vulnerability

Know when to be transparent and ask for support. It is OK to speak up, to speak your truth, to listen to your gut and do what ya gotta do.

Empathy

Be willing to be open-minded, knowing that everybody goes through hardships and you never know what someone may be going through at any moment, and thus try not be reactive, but have compassion.

The THRIVE Toolbox

a collection of stress-management exercises

Thoughtfulness

mindfulness, gratitude, social engagement

Habit Tracking

follow healthy vs. unhealthy coping mechanisms

Relaxation

meditative breathing

Intentions

things you would like to personally manifest

Visualization

creative visualization techniques

Empathy

using empathy effectively

The **THRIVE** Toolbox

Thoughtfulness

HOW TO DEVELOP A PRACTICE
OF THOUGHTFULNESS

Meditate Daily. Even for 5-10 minutes, just focus on your breath, watching your thoughts.

Write in a journal to record your thoughts, moods, and experiences.

Be present doing a simple task; focused, allowing each of your senses to experience it.

Observe your physical sensations/mental states throughout the day without judgment.

Offer your support to others, either at home or at work, without need for reward.



Mindfulness Exercise: Sit in a comfortable position, preferably with your feet resting on the ground. You may set a timer for 5 or 10 minutes, extending it as your practice evolves. Or just sit for a while, undisturbed. Begin with your eyes open, taking a few slow, deep breaths while observing your surroundings. As you feel your body calm, let your eyes gently close, continuing to breathe deeply. Breath In. Pause. Breath Out. Pause. If you feel the need to deepen your practice, you can count your breaths; counting up from 1 to 10, and back down again from 10 to 1. (As your body calms, and your energy centers, you may find that your mind is still wandering. That is ok. It takes practice to still the mind, and even the most experienced meditators still get caught up in thought.) When thoughts arise, allow them to come in, and go out, like your breath mirroring the waves of the sea. If your mind gets attached to a thought, perhaps something troublesome or an important unfinished task, make note of it, but do not attach to it, let it flow away with the wave of the breath. Observe - the sounds around you, the flow of thought, your bodily sensations. Do not judge them, just allow them to be. As you finish up your practice, take some deeper breaths, returning to your body and the sounds around you. Gently open your eyes, and take a nice long stretch, not rushing to get up. If you like you can journal anything you observed, or just return to your day. (We also suggest recording this exercise on a voice recorder to play to yourself during your first few sessions to get comfortable with the process.)

The THRIVE Toolbox

Habit Tracking

BE THE CHANGE

Habit Tracking isn't just about following your unhealthy coping mechanisms and unconscious patterns of self-sabotage. Habit Tracking allows you to document both your healthy and unhealthy habits, and more importantly, the feelings and environment occurring when you do these things. This honest reflection allows for greater self-awareness, accountability, and clarity around the changes you want to create for yourself. Be gentle with yourself. We all want to improve ourselves.

It takes time and courage. And give yourself credit for those good habits that you do have! Positive reinforcement goes a long way!

List 5 Good Habits

List 5 Poor Habits

What habits do you want to develop?

The THRIVE Toolbox

Relaxation

TECHNIQUE

Step One

Get in a comfortable position, either seated with feet on the floor or lying down. Gently close your eyes. Just be still and breath normally until you feel more grounded and present.

Step Two

Begin belly breathing. As you inhale allow the air to deeply fill your abdomen. Pause for a moment. Then slowing exhale completely. Repeat.

Step Three

Body scan. Starting from your head, begin scanning through each major body part. Tighten each muscle group for 5 seconds, then release. Each time, notice the tension before and relaxation after.

The THRIVE Toolbox

Intentions

YOUR FOCUS DETERMINES YOUR REALITY

This is a space to write down three intentions, or personal goals, that you wish to accomplish. They can be related to career, health, relationships, attitude, finances, or whatever it is that you would like to manifest in your life. Intentions can be personal mantras or visions, while goals should be S.M.A.R.T. -Specific, Measurable, Attainable, Relevant and Timely.

The key is that your intentions are focused on YOU.

My Intentions

[illegible]

DO THIS PRACTICE DAILY OR WEEKLY!

The THRIVE Toolbox

Visualization

MENTAL EXERCISES

Visualization, also known as Creative Visualization, is another mindfulness exercise that involves using mental imagery in a relaxed and meditative state to help manifest things in your life or to simply bring about a greater sense of inner peace. You use your imagination to create a desired outcome in your mind. This process of internally experiencing success positively affirms your dreams and visions can be reality, as well as shift your core beliefs and allow you to have more confidence, clarity, and vibrational resonance with achieving your goals, with the added benefit of calming your nervous system.

Release Anxiety

Lay or sit in a comfortable position. Close your eyes and begin to slow your breath. As you move deeper into a state of relaxation, begin to imagine that you are someplace that is special to you. Perhaps it is a beautiful place in nature like the beach or the woods, a spot you liked to visit as a child, or even an room that brings you a sense of comfort. As you go deeper into your imagination, look around you. Take notice of any sounds, animals or people in your surroundings. Observe the colors that you see. What are you feeling? Is it a sense of joy? Peace? Excitement? Calm? Allow yourself to embody these feelings, making sure to note the physical sensations you feel in this place. Know that this place is accessible to you at all times to visit in your mind, and that these feelings are also available to you when you need them through this simple practice. As you feel ready, you can return to your breath and awareness of your body.

Manifestation

Lay or sit in a comfortable position. Think about something that you would like to have or create in your life. (For example, a new job, financial freedom, a new relationship, a healthier body, a successful business presentation or an exotic trip somewhere exciting.) You will want to start this practice with something fairly easy to achieve, and once you get comfortable in using this exercise you can expand your practice to include bigger life visions. Now close your eyes and begin to slow your breath. As you move deeper into a state of relaxation, imagine yourself achieving this goal. Focus on this desired outcome as if it were in the present moment. Get a clear picture in your mind of the experience of actually having this as your reality. EXPERIENCE IT FULLY. Dive deep into exploring the details of having this reality. Feel the sense of relief or happiness or accomplishment that comes with having achieved this goal.

Empathy

STEPS FOR SELF REFLECTION

- 1 Think about a situation in your life in which you wish you had reacted differently or had achieved a different outcome.
- 2 Envision the situation. Do a mental play-by-play revisiting the details of what happened. (Do so without judgment.)
- 3 Notice any emotions that arise. (Anger, fear, resentment, frustration)
- 4 Feel the bodily sensations that arise. (Where are you holding tension or feeling the effects of stress?)
- 5 Now using some relaxation and visualization techniques you have learned, allow your body to calm while you envision a different outcome.
- 6 Feeling a sense of compassion for others in this situation, imagine what they may be experiencing in their life that would result in how they behaved. Imagine how they would feel if you had been more mindful and supportive.
- 7 Is there anything you can do now having taken in the other's perspective to improve or rectify this situation?
- 8 How would you handle this differently in the future?
- 9 Write down your experience, documenting it as clearly as possible. Step away and revisit this with a fresh perspective.
- 10 Decide if you want to address the situation with those involved. Or simply reflect on how you will respond differently in similar future situations.

Remember, we do not always know what other people are going through. And often people are completely unaware of what is really happening in your life.

Compassion, empathy, vulnerability and support will help you communicate better with others and improve your interpersonal skills.

THE *Inspiration* STATION

Create a place in your home, at your desk, or in your office that offers a sense of well-being and inspiration. For some this may be an altar, for others it may be a relaxing sanctuary or a creative space to invite your inner child to play.



Possibilities include:

- sacred tokens
- sentimental mementos
- inspiring art or photos
- comfy place to listen to music
- art supplies
- vision board
- electric tea kettle with tea selection
- your journal
- mind-expanding books
- candles or incense

12 TIPS TO A CALMER YOU

- 1 Get Outdoors! Take a walk, go hiking, sit in a park or garden. Fresh air and nature does wonders for mental health.
- 2 Exercise Regularly. Getting your blood moving will activate those happy, feel-good hormones. AND, you will feel better about the way that you look as you start to take better care of your body.
- 3 Eat Well. What you put into your body affects how you feel. Keep indulgent snacks, sweets, and alcohol to occasional treats. Pack meals with colorful fruits and vegetables. Listen to your body, and track how you feel. Taste the Rainbow!
- 4 Media Diet. Remember: Your diet is not just what you put into your body, but also what you ingest in your mind. Be thoughtful about what you are consciously or subconsciously taking in from media. Feed your mind and soul with stimulating and inspiring books, podcasts, music, videos and conversations that create a positive outlook and sense of well-being.
- 5 Take personal time outside of work and other obligations to check in with yourself and get grounded.
- 6 Slow Down. Practice mindfulness exercises, relaxation techniques and meditate daily.
- 7 Self-care: Regularly use aromatherapy, hot baths, saunas, or other healing therapies that will help to rejuvenate you.
- 8 Positive Self-Talk: Be your own best friend. Motivating Mantras and self-encouragement are your biggest ally. Sometimes you just have to pause, take a deep breath, and remind yourself that EVERYTHING IS GOING TO BE OK.
- 9 Connect: Make sure to pick up the phone and call your loved ones. Make plans with friends or neighbors. Go on a date. Go out and meet new people.
- 10 Daily Rituals: Develop morning and evening routines that uplift you and ground you in the present moment.
- 11 Healthy Bedtime Practice: Before bedtime, turn off all electronics for at least an hour prior to sleep. Keep your room dark and undisturbed. Try your best to go to bed at the same time each night. Get a minimum 7-8 hours of sleep.
- 12 Music Therapy: Listen to ambient music to relax or put on some upbeat tunes to dance around and blow off some steam! Always a win!

SUGGESTED *Reading*

Breaking The Habit of Being Yourself: How To Lose Your Mind and Create a New One
by Joe Dispenza

The 7 Habits of Highly Effective People
by Stephan Covey

Outliers
Malcolm Gladwell

The Miracle of Mindfulness
by Thich Nhat Hanh

Daring Greatly: How the Courage to Be Vulnerable
Transforms the Way We Live, Love, Parent, and Lead
by Brene Brown

You Are a Badass®: How to Stop Doubting Your Greatness and Living An Awesome Life
by Jen Sincero

Taking the Leap: Freeing Ourselves from Old Habits and Fears
by Pema Chodron

The Happiness Project
by Gretchen Rubin

The Power of Now
by Eckhart Tolle

Unfu*k Yourself: Get Out of Your Head and into Your Life
by Gary John Bishop

A Mind Of Your Own
by Kelly Brogan, M.D.

SUGGESTED *Apps*

Brainwaves -Binaural Beats

Habitbull

Headspace

My Fitness Pal

ClassPass

WoeBot

GoodEggs

Daylio

Thrive Market

Calm



CULTURE VULTURE

Events, Activations,
Workshops, & Retreats

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USEFUL *Resources:*



Health & Wellness Blog



Buddhism-Inspired
Addiction Recovery



Integrative Health Information



Wellness-Inspired
Modern Lifestyle Brand



Work-Life Balance



Mindfulness Leadership Training



Wellness Institute



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