

# 6 POWERFUL CATEGORIES FOR THE S.A.V.E.R.S EXERCISE

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S

## Silence

Usually, this means meditation either seated or walking. You could also do this as breathwork something as simple as sitting with yourself and taking 10 deep and intentional breaths

[Click HERE for my mini-meditation series which is all under 5 minutes](#)

A

## Affirmations

Try to pick something that you feel you need to hear. It can be as simple as thanking yourself for all the work you've done to get to where you are, telling yourself, telling yourself you forgive yourself and release past mistakes, that you are worthy of love/ affection/ praise/ etc.

[Click HERE for inspiration to create your affirmations](#)

V

## Visualization

For five minutes try to "visualize living your ideal day, performing all tasks with ease, confidence and enjoyment." My take: In addition to picturing my "ideal day," is to visualize my affirmation coming true. Some find it more useful to create a vision board or Pinterest board.

[Click HERE for beautiful examples of digital vision boards on Pinterest](#)

E

## Exercise

This can be low-impact, seated stretches or a short walk around the block, just get the blood flowing! We all have different energy levels in the morning so find what supports you, not exhausts you.

[Click HERE for an 8 minute morning flow with Yoga with Adriene](#)

R

## Reading

This can be a book you've been trying to read forever or articles around a subject that you're interested in. Try to stick with material that makes you feel good vs. anxious (i.e checking social media or the news)

Check out the Toolkit for reading recommendations!



S

## Scribing

This can be timed journaling, jotting down creative ideas, making a gratitude list – really, putting whatever is on your mind on paper (or on a screen!) We'll be touching more on journaling styles and prompts in week 4.

[Click HERE for a great article on how to start writing morning pages](#)

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