



Truing Morning & Evening

TRUE YOUR MORNING

As we invest more in *becoming* we need a practice of checking in with where we *are*. Right now I call that “truing” – the verb. To “True” something is to bring it into alignment with all it’s parts and what’s around it. That starts by acknowledging, seeing, and naming what actually *is* true.

What we ASSUME is our truth – i.e. the habits of mind and action that instigate or inhibit us on a daily basis – that’s not our *deepest* truth. That’s just like one piece of music that we keep playing note for note as if it were the music of truth. But it’s not. The point of truing is to get into alignment with what your real truth is. The song of YOU.

So start the day by just remembering what your focus areas are, remembering your superpowers, touching your environment by counting a few things, choosing no more than 5 FUN things to move forward, remembering what you love about your TRUE self and indulging in a moment of wildest dreams.

TRUE YOUR EVENING

This is time to reflect on what actually happened, to thank, to celebrate – and to notice where & when you actually embodied the TRUE you. It’s also where you give up the belief that you can do everything you set out to do, and hand over all the things you didn’t do to your personal deity, spiritual power or the Universe itself, and trust that they will get done.

Here’s How I do it:

I fill in the first part of editable PDF (the part inside the dark reddish lines) and save that PDF as my template. Those things rarely change, and if they do, I just change my template.

I name my master template like this:

- 999999-DHC-TrueDay.pdf

Each day I duplicate it and then rename the new file as below, starting with Year-Month-Day (YYMMDD):

- 160205-DHC-TrueDay.pdf (*i.e. the pdf I filled out on 2/5/16*)
- 160204-DHC-TrueDay.pdf (*i.e. the pdf I filled out on 2/4/16*)
- 160203-DHC-TrueDay.pdf (*i.e. the pdf I filled out on 2/3/16*)

I do it that way so they stay in in order in my folders – but you can do it however works for you.

How Much Time Should You Spend?

Don’t spend more than 15 minutes on this – it’ll work best if it’s just a quick check-in that’s fun, helps you focus and doesn’t require a whole lot of work or time.

Sometimes I keep mine by me during the day so I can fill things in as they come to me. It reminds me to write down the ‘cringes’ and ‘icks’ as well as the moments when tiny dreams come true.



MY 3-5 AREAS OF CREATIVE FOCUS	MY BASIC DAILY PRACTICE	MY SUPERPOWERS	MY WEAK POINTS

My 5 things to count each day:

TODAY MY WORK GIVES ME

What I love about *right now*

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True Me guides & empowers me to do the possible & impossible. Here's what I love about True Me:

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I can't do all I dream of doing today. Here are my 5 *FUN, ACTIVE* moves in my personal game:

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Wild Dreams Expand me - these are mine for today - things beyond my wildest dreams:

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EVENING: CELEBRATE – OBSERVE - REALIGN – DELEGATE

If you made it through the day (and you did!) it's time to celebrate and appreciate. We often misjudge the value of size and think we need to wait for Major gains before we celebrate – as if celebration were something we have to earn. This is a celebration of tiny triumphs, nearly unseen gifts, small grateful sighs.

Thank you for Tiny Dreams that came true	
Thank you for small sighs of grateful release	
Thank you for Unexpected Tiny Gifts	
I celebrate these Tiny Triumphs	

Here's where & how I actually EXPERIENCED True Me today, even for a nanosecond or in tiny ways

Everything I wish I'd done and didn't, I delegate to my personal deities who love to do them: