

Direction / Time	Essence / State	Ways to Honor this Time
Northeast Sunrise/Waking	Opening / Intention	<ul style="list-style-type: none"> <li>•Gratitude</li> <li>•Intention setting / Journaling</li> <li>*Stretching</li> <li>•Welcoming the day with a song, prayer, reading</li> <li>*Sit Spot</li> </ul>
East Spring Morning	Inspiration	<ul style="list-style-type: none"> <li>•Connect with the motivation for your intention for the day. Remind yourself what your life's vision is and connect with that passion.</li> <li>•“Play” and child-like (not childish) exercises are perfect here - games, stories, songs, listening to music or an inspiring podcast can prepare you for focused efforts in a good way.</li> </ul>
Southeast Late Morning	Activation	<ul style="list-style-type: none"> <li>•What do you need in order to do the work ahead?</li> <li>*Lists, tools, directions, pre-knowledge: Anything from a full water bottle on your desk to writing out an outline for a project.... All things that are needed for the next step to happen.</li> </ul>
South Summer Midday	Perspiration / Focus	<ul style="list-style-type: none"> <li>*Most of us are experts at this part! This is only one part. It's not <b>the</b> only nor the most important part of your day!</li> <li>*When doing focused work, remember to take breaks every 90 minutes to recharge. After this point, your productivity drops!</li> </ul>
Southwest Late Afternoon/Siesta End of the work day	Rest / Relaxation	<ul style="list-style-type: none"> <li>*This direction is imperative! It's where the efforts &amp; lessons of the South settle into the mind and body.</li> <li>*Take a break, a breath, a nap, sit spot, a walk, yoga pose, or grab some water.</li> <li>*This time is about care taking your body and space.</li> </ul>
West Autumn Early Evening	Celebration / Share with Community & Family	<ul style="list-style-type: none"> <li>•This is time to share stories of the day with your loved ones- honoring each other, naming new awarenesses.</li> <li>•Do this over a meal, playing music, or sitting around a fire (or candles).</li> </ul>
Northwest	Reflection	<ul style="list-style-type: none"> <li>•Think back on the day and ask introspective questions. They can be as simple as, “What worked, what didn't work, and what can I do differently next time?”</li> <li>•This can happen on its own or can be supported by journaling, meditating, or mentally reviewing your day before bed.</li> </ul>
North Winter Midnight/Sleep	Integration	<ul style="list-style-type: none"> <li>•This is an understanding of how the lessons of the day fit into the bigger picture of your life.</li> <li>•Try setting an intention to gain clarity while you sleep.</li> <li>•Get enough 7-8 hours of sleep!</li> </ul>