

8 Elements

SELF-COMPASSION CHECKLIST

8 Life Practices for Body, Mind, Heart



We are dedicated to elevating the human experience.

8 fundamental life practices create body-based self-empowerment to transform brain-body-heart.

Neocortex
Mind

Mammalian
Heart

Reptilian
Body



1 BREATH

Reptilian
Body

Move to Breathe, Everyday: 15 minutes a day, clear mind, body heart. Stretch, walk, dance to open the breath in every single cell in your body.



2 SPINE

Strengthen Your Spine: Challenge your spine to elongate and become flexible to awaken its connections to body, brain and heart.



3 NUTRITION

Eat Whole Foods: Eat 80% whole, unprocessed natural foods. Let go a little the other 20%.



4 SELF-AWARENESS

Neocortex
Mind

Develop Self-Awareness: Support life balance and positive growth through inner reflection, imagination and creativity.



5 MEDITATION

Meditate to Center: Cultivate your inner mind. Return regularly to your center.



6 SELF-RESPONSIBILITY

Be Self-Responsible: Be pro-active, not reactive. Attend to Western and Eastern medicine for health and vitality.



7 COMMUNITY

Mammalian
Heart

Care for Your Community & Environment: Guide, and be guided by, trusted friends and family. Be kind to the Earth.



8 HEART

Live From Your Heart: Listen to and trust your heart to lead. Live your highest purpose in life.

Our advisement is founded in honesty, encouragement and heart-centered suggestion. We can be no better than your commitment. We wish to join with you to amplify your resolve to revitalize the way you live each day. EightElements.com