

## Make Time for You

Following are some examples of Hoffman practices that you may want to rotate through, to find out what works best for you and your life:

- Appreciation & Gratitude Journal
- Centering
- Hands on Heart
- Heart to Heart in the mirror with yourself
- Journaling/Reflection
- Listening to a Visualization (I Am That I Am, Spirit-Guided Path, River of Life, Sleep Visualization, etc.)
- Message from Spiritual Self
- Quadrinity Check-in
- Recycling
- Self-Forgiveness & Self-Love Walk
- Visioning

If you're not sure where to start, ask your Spiritual Self and your Spirit Guide for guidance in what practices to take on right now:

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If you're concerned about **finding the time** for what matters most, listen to time management expert Laura Vanderkam share practical strategies so you can build the life you want with the time you've got:

- [https://www.ted.com/talks/laura\\_vanderkam\\_how\\_to\\_gain\\_control\\_of\\_your\\_free\\_time](https://www.ted.com/talks/laura_vanderkam_how_to_gain_control_of_your_free_time)

*“Spiritual practice is not just sitting and meditating.  
Practice is looking, thinking, touching, drinking, eating, and talking.  
Every act, every breath, and every step can be practice  
and can help us to become more ourselves.”*

~Thich Nhat Hanh