

# **Do-Do Rescue Remedy**

Your Quick-Start Guide to the  
Do-Be-Do-Be-Do-Be Lifestyle

Regain Balance & Well-Being so you can  
Thrive within the Reality of a  
Crazy-Busy World.



*Louise Lavergne*

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Published by JoyFull Earth Productions

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### **Disclaimer:**

**Before doing any exercise program, please consult with your health care provider. If you are pregnant, some of the exercises in this book may not be suitable or may need modification. It is advised that pregnant women not hold or suspend the breath in or out when doing any of these exercises.**



### **Falling into DO-DO mode.**

**The Do-Do syndrome** can start with good intentions that get you swept up onto a busy super-highway as you try to make your life better by getting everything done. Stress keeps happiness at arm's length. It makes you feel like "anytime now," you'll be able to pull into the fast lane and put the pedal to the metal ... so you keep going. It can start with something as simple as an unrealistic to-do list that becomes a source of exhaustion, making it hard for you to find the off-ramp.

Self-care and balance are essential components of a sustainable, healthy, and happy life. “I want to take care of myself, but I just have too much on my plate right now.” Having “too much on your plate” is a habit. That is precisely the time when you need the extra boost. Can you imagine putting gas in your car only when you have time? If you don’t make the time, the vehicle stops. Each Self-care BE break is like refueling your inner engine. For your body to survive and thrive, self-care is as essential as breathing. Yet I often hear my clients say, “But I just don’t have the time.” Of course, it’s easy to ignore its importance since the immediate external consequences are not as apparent as they are in your car.



## Getting Started with your Do-Be-Do-Be-Do-Be Remedy.



### Your Habit of Self-Care:

I'm sure you have a good long list of things that you know you should do to take better care of yourself. Being too busy or simply forgetting to do it and feeling bad about it is a habit. With this guide, I'm going to help you replace this depleting habit with supportive self-care habits. In this guide, I have six impactful and straightforward specific self-care ideas and strategies for you. You can start implementing them right now. I suggest you add one a day over the next six days, and on the seventh day, you can

practice integrating them all. Then you will be ready to begin enjoying your Do-Be-Do-Be-Do-Be lifestyle. Are you ready to stop “shoulding” on yourself and set yourself free from the overdoing habit of the do-do syndrome?

The Do-Be-Do-Be-Do-Be way of life is an invitation for you to embark on your self-healing journey to create balance from a place that respects and honors who you are and where you are right now. It recognizes your mind’s need to get things done and gives your body the support it needs to keep up with the demands of your busy life.

Balance is what makes feeling good possible. It starts with you being in a harmonious partnership with your body, your mind and your spiritual nature. You (and only you) can create a supportive environment for your body and mind to efficiently do their job. By setting the stage on the inside, you can accomplish what you want to do and become who you want to be. It’s not one or the other. Imagine working for someone who is always screaming at you, expressing discontent and frustration. Would you be able to function at your best in that kind of stressful environment? Think about how you feel when someone takes the time to listen to you ... without judging you. Your body deserves nothing less. Your body is designed to be well, but it needs your participation.

The hardest thing to getting started in a new habit is knowing where to begin. This guide gives you the essential steps you need to be on your

way to feeling more in control of your busy day. We are going to take it one day at a time, and take you on a self-care journey without needing to make drastic changes to your current schedule. I hope that each BE Break will help you meet the demands of your day with more energy and avoid burnout. You can think of a BE break as a signpost along the road, guiding you toward living your life by design, not by default. The Do-Be-Do-Be-Do-Be remedy will empower you to make supportive choices moment by moment, one day at a time.

**Let's Get Started!**

***"Whatever you can do or dream you can begin it.  
Boldness has genius, power, and magic in it."***

Goethe



## **FIRST SELF-CARE HABIT: Three Deep Breaths**

**No matter what situation you find yourself in, you have to breathe. Breathing is the ultimate on-the-spot Do-Do Rescue Remedy**

How you breathe can make you feel better—or worse. Breath and emotion are intimately connected. When your mind sends a message of stress, anxiety, or fear, your breath responds by being rapid, short, and irregular. The body then releases an excess of adrenaline and cortisol, which can make your body break down. Luckily, it's a two-way communication. If you slow down your breathing, you slow down the body, and the mind responds by sending a message to the body: *Relax and your body can regain its well-being.*

Focused breathing is the most effective way to calm the mind and relieve stress. One of the most powerful aspects of yoga, which offers a scientific method for controlling the breath, stilling the mind, and producing deep relaxation is called *Pranayama*. Prana (Chi) means “vital life force energy.” Pranayama stills the mind, and it enhances your vitality and well-being so you can be more efficient and productive throughout your day. The impact of these techniques on your nervous system and your overall health is remarkable.

When your breath is deliberate and controlled, your nervous system's circuitry slows down. Activity decreases. On the other hand, when your

breathing is erratic or scattered, the circuit responds in kind and its activity increases. Researchers are still uncovering exactly why and how this happens, but simply knowing this pathway exists is a huge step toward discovering the secret to health and well-being.

I share several techniques in my “Do-Do Rescue” book. I am suggesting that you start today with this simple rhythm:

### **Practicing Creating a Supportive Environment in your Body:**

Start by putting one hand, palm down, on your abdomen. Place the other hand in the center of your chest. Now, think about softening the belly.

Relax your shoulders and your chest. Think about relaxing your hands.

As you breathe, inhale through your nose. Feel your belly expanding, then feel your chest expanding. Be sure to keep your shoulders down. As you exhale through your nose, be mindful not to collapse. Think of lengthening your body as you pull your navel in, expelling all the air from your lungs.

Most of us usually do not breathe properly, so it may take a little practice. Most people take shallow, rapid breaths and bring air only into the upper part of their lungs. (If you are having difficulty bringing in enough breath to expand your abdomen, try lying down and crossing your arms over your chest. This will force the in-breath to fill the lower part of your lungs.)

This is called a full yogic breath and it allows your body to make more space for you to BE. You will take in more oxygen and use your lungs to

their full capacity as you fill your belly and chest and expand your clavicle. As you pull the navel in on your exhale, you get rid of all the stale air so you can invite more oxygen to come into your lungs on your next in-breath.

4 - 4 - 4 Breath: This is a great practice for you to begin creating more balance in your body and give yourself the inner space for you to BE. Prepare to take a full “yogic” breath in through your nose for a slow count of 1 - 2 - 3 - 4 - Hold it for the same count - Think about relaxing your hands at your chest and belly or in your lap. Exhale for the same count. Repeat this three times (you can do it for more than three times but no less). As you get more confident with the breath, you can use a longer count of 8 - 8 - 8.



## Using the Three Deep Breaths

If you only practice calming exercises “when you think of it,” you will not be consistent and will not reap the full benefit of your BE Breaks.

- Commit to taking three mindful “yogic” breaths, three times a day.
- Choose three different intervals: one in the morning, one at midday, and one in the evening.
- Set a reminder in your phone, write it down on your schedule, or leave a sticky note anywhere you’ll see it.
- Stop what you are doing. Saying the word “Release” three times can help you to let go of what you are doing and be more focused on your BE Break.
- Connect with your breath by placing one hand on your belly and putting the other hand on the center of your chest. Focus on relaxing your hands.
- Doing a yogic breath is a great way to start and end your day, so think about your breath at bedtime and again when you wake up in the morning.

When your day and your life become only about trying to keep up with external demands, when you are always “shoulding” on yourself—saying “I should do this” or “I should do that,” it’s a clue that you are walking into Do-Do. Notice that where there’s a “should,” there’s a shame story or a fear-based motive that doesn’t serve you. Start by giving yourself permission, right now, to let that go. Reframe every “should” with a choice:

“I choose to take a moment to breathe.” Let go of perfection and make space in your day to enjoy just being you.

Every time you get sucked onto the hamster wheel of doing and doing, you will inevitably end up in Do-Do. I’m here to remind you: to STOP—get off. Take three healing breaths. You can practice this throughout your day, if you’re feeling anxious or stressed simply *pause*. Shake your hands for a few seconds. Connect with your breathing for three conscious breaths. Tap into your intention to receive some ease and to release the tension out of your body. Let gravity help you to let go.



## SCHEDULING YOUR DAILY BE Break:3 DEEP BREATHS:

Monday AM: \_\_\_\_\_

Mid Day: \_\_\_\_\_

PM: \_\_\_\_\_

Tuesday AM: \_\_\_\_\_

Mid Day: \_\_\_\_\_

PM: \_\_\_\_\_

Wednesday AM: \_\_\_\_\_

Mid Day: \_\_\_\_\_

PM: \_\_\_\_\_

Thursday AM: \_\_\_\_\_

Mid Day: \_\_\_\_\_

PM: \_\_\_\_\_

Friday AM: \_\_\_\_\_

Mid Day: \_\_\_\_\_

PM: \_\_\_\_\_

Saturday AM: \_\_\_\_\_

Mid Day: \_\_\_\_\_

PM: \_\_\_\_\_

Sunday AM: \_\_\_\_\_

Mid Day: \_\_\_\_\_

PM: \_\_\_\_\_

## Self-Care Habit Number Two: Morning Lemon Water



In my Do-Do Rescue book, I give three impactful morning habits that profoundly impact your health. I'm going to provide you with one of them as your second daily self-care habit: Morning Water.

I'm sure you have heard over and over how vital water is for your body. Most of us don't drink enough water. Water plays a crucial role in supporting your health. Every time you drink water, you are helping your body remove toxins and lower your stress, especially if you take gentle breaths before and after. Drinking water, like breathing, is something that we forget to do when we need it the most. So your second self-care habit is going to help you with drinking more water.

## **The habit of Lemon Water in the morning.**

Your morning lemon water helps you to start your water drinking intention for the rest of your day. Before consuming your coffee or tea, or anything else, drink a glass of water (10 ounces) with lemon juice and a dash of sea salt (omit the salt if you have blood pressure issues or if you are on a sodium-restricted diet). Lemon juice alone is a good source of vitamin C ( good for your immune system) and potassium (supportive for your blood pressure). An interesting fact about lemon is that although it is acidic on its own when you put it in water and drink it, it turns alkaline, which is very beneficial for the body. If you don't like lemons, you can use limes if you prefer. Limes are slightly lower in vitamin C, but limes will do the same thing as lemons to help eliminate toxins.

I use room temperature, filtered water. You can also use warm or hot water. I prefer to avoid cold water— to support the body's detoxification process, drinking warm or room temperature water seems kinder to my body. It helps to dissolve the salt quicker. If you don't like warm water, better to drink it cold than not to drink it at all.

Squeeze the lemon juice ( $\frac{1}{4}$  to  $\frac{1}{2}$  as you prefer) into a glass and add a pinch of sea salt. I like the pink Himalayan sea salt best because it has terrific healthy minerals. Stir to dissolve the salt, add warm or room temperature water and stir until all the salt has dissolved. Take a breath, then slowly drink the water.

This will get you started with your water intake for the day and it is also an excellent liver support habit. The liver processes all the toxins in your body, and it's your emotional filter. It's where unresolved anger sits—and anger is a close relative of frustration and resistance. Drinking my glass of lemon (or lime) water within the first thirty minutes of my day clears any lingering obstacles in my physical and emotional body. By committing to doing this every day, you can feel good about staying committed to your self-care.

### **Achieving your daily water intake goal:**

Do you know how much water you need in a day? I always heard that I needed to drink eight glasses of water a day. I have read another study that states that we need 9 to 12 cups a day. Your weight, your level of activity, and your climate all play an essential part in determining your required water intake. The basic formula is to divide your weight in half. For example, if you weigh 150 lbs, you would need at least 75 ounces of water. And more if you are active.

I found this calculator on the internet where you can enter your weight and the amount of exercise you do in a day to get the amount you need:

<https://www.slenderkitchen.com/article/how-to-calculate-how-much-water-you-should-drink-a-day>

**Calculate how much water you need in your day:** \_\_\_\_\_

Did you know that 60% of the hunger most people feel is caused by dehydration?

**Benefits of water:**

- Maintain proper muscle tone
- Prevent sagging skin
- Relieve constipation
- Improves endocrine (hormone) function
- Increases metabolic function
- Decreases appetite
- Increases fat used for energy
- Liver function improves
- Decreases fluid retention

**Signs of dehydration:**

- Excessive thirst
- Fatigue
- Headache
- Dry mouth
- Little or no urination
- Muscle weakness
- Dizziness
- Lightheadedness



## Here are some tips to help you drink enough water each day:

- Pick a glass that you like. Using a measuring cup, get the amount of water it can hold. Determine how many of that glass of water you need in your day.
- Get a pitcher and do the same as above. Do you need to drink one or more pitchers to fulfill your daily quota?
- Get a water bottle you enjoy and determine how many times you need to refill it in a day to meet your required amount of water.
- Make it enjoyable and enhance the benefits by adding fresh herbs like basil, mint, French tarragon, rosemary and thyme. You can also add slices of cucumber, lemon, orange or lime.
- Make drinking water part of your BE Breaks.
- Try to pick three or four times a day when you can drink a more significant amount of water, and then sip your water in between those times.
- Don't wait until you feel thirsty. If you feel thirsty, you are already becoming dehydrated.

Remember that coffee, tea, soda, and alcohol are diuretics, which means they remove water from the body. If you consume any of those, you need to drink more water. Every cup of coffee is going to cost you, add an extra glass of water.

## Self-Care Habit Number Three: Thumbs Up



In Chinese medicine and acupuncture, hands and feet are the beginnings and ends of the roadmaps for energy to move throughout the body. These pathways are called *meridians*. You can't see them the way you see veins running through your body beneath your skin, but in Eastern healing modalities, meridians are mapped out as reference points. A lot of this makes sense to me. For example, your hands are part of the heart meridian. If you draw a line up your arms from your hands, you end up at the heart. The ancient science behind this concept is more complex than that, but what I know is that it works. I go into more detail about the self-healing power of your hands and each finger's opportunity in my Do-Do Rescue Book. I want to introduce you to one of them as your self-care habit number three.

This particular self-care habit has to do with helping you ease anxiety, tension and overall stress. It can help you feel better in the moment. In Chinese and Ayurvedic medicine, practitioners talk about the influence your emotions have on the flow of your body's energy, impacting your physical state of well-being. It makes sense, doesn't it? When you feel bad emotionally, it's hard to feel good in your body. The drama of a stressful situation can trigger emotions. That's when we let go of the steering wheel and let fear take over. The chain reaction begins. Emotions create tension in the body; the breath becomes shallow or rapid and immediately interrupts your life force's healthy flow. To reclaim a harmonious, healthy flow of energy in your physical body, you need to balance your emotions and mind.

In my studies of Kundalini Yoga, Universal Kabbalah, Reflexology, and Chinese and Ayurvedic medicine, I learned many different techniques and theories about the healing power of your hands and feet. There are interesting crossovers between these modalities, all of which indicate that you can balance the body's energy and emotions through different pressure points found in the hands and feet. It was hard for me to believe at first that something as simple as holding one finger at a time in a particular sequence or positioning my hands in a specific gesture (mudra) with breathing could do so much good.

I incorporate this in my Spark classes, Guided Meditations, and Be Breaks because it works. I encourage you to be curious—try the suggested hand gesture below with your BE Breaks and see (and feel it) for yourself.

Here is an easy, on-the-spot BE Break to enhance the use of gentle breathing to balance the emotions. I love that you can do this anywhere, at any time. It is a discreet way of taking care of yourself at work, on the bus, train, or plane, etc.

### **THUMBS UP Self-Healing BE Break:**

In Western cultures, we often give the “okay” for action with a “thumbs up.” The thumb represents the self or the ego. Holding your thumb can be a great way to reclaim your sense of self. The thumb relates to feelings of anxiety and worry, which can often be triggered by fear of the unknown. To ease feelings of worry, tension, and nervousness, hold your thumb. Holding your thumb can also help with digestion as it relates to the meridian for the stomach, spleen, and skin. Because the Thumb helps to relieve tension, it has been reported sometimes to help to relieve headaches.

- Sit comfortably and relax your shoulders by rolling them back three times, then forward three times. Shake your hands lightly at the wrists to release tension.
- Rest your hands in your lap and breathe gently and deeply by relaxing your belly.

- Start by wrapping your right hand around your left thumb. Once you feel a pulsation, or after two to three minutes, switch hands, with your left hand holding your right thumb for the same duration.
- Bring in the intention of kindness as you massage each thumb. Give yourself a time goal of a minimum of two minutes or longer as needed.
- Pick a time for you to practice this today before you go to bed. Use it anytime you want to feel more relaxed.

You can read about your hands and each finger on page 99 in my Do-Do Rescue Book available at your favorite Bookseller including, Amazon, Barnes And Nobles. For more info go to [www.LouiseLavergne.com/dodorescue](http://www.LouiseLavergne.com/dodorescue).



## Self-Care Habit Number Four: Standing Strong



One of the fast and easy ways to feel grounded is to engage with your feet. Try standing and pressing into your toes and heels, then tighten the buttock muscles. You can feel yourself more supported. The pelvis and the lower part of your body, including your belly, legs, and feet, are all part of what relates in yoga and Ayurvedic medicine to the lower triangle, which includes energetic reference points referred to as the first, second, and third chakras. The lower triangle is where you initiate the feeling of security and balance in your whole body. Your desire to “stand on your own two feet” isn’t really about standing—it’s about feeling strong, secure, and powerful. Your *pelvic floor* is a group of muscles located in the “floor” of your pelvis; they support the entire pelvic area. The pelvic bones include the pubic bones in the front of your body. They extend out on each side to your hip bones and back to the tailbone (or coccyx) in your lower back. Within this diamond-like shape, your pelvic floor muscles form a sling to support your internal organs. These muscles have a great impact on elimination by helping the rectum and sex organ contract and release.

Breathing also plays a huge part in supporting your ability to receive food, digest it, and let go of waste products through elimination. Like breathing, eating and pooping are crucial to survival.

To incorporate your fourth self-care practice, pay attention when you are standing, waiting, or doing a standing activity like cooking. Practice engaging your toes, heels and buttock muscles and relax your belly. You can start today by standing strong when you are preparing your morning Lemon water.

I encourage you to explore new ways to incorporate standing strong with a JoyFull Yoga practice called “Pelvic Breath” on page 134. It’s also part of my Spark Self-Healing classes. You can find out more about Spark classes by visiting my website:

[www.louiselavergne.com/spark-membership](http://www.louiselavergne.com/spark-membership)

I include the BE Break video of the pelvic breath in my Virtual Do-Do Rescue: BE Break guide I created for my readers. You can get yours by going to [www.LouiseLavergne.com/dodorescue](http://www.LouiseLavergne.com/dodorescue). \*

\* If you don’t have the book yet and are curious, you can still get the guide. You will be asked for proof of purchase, but I have it arranged for you to just select “other” and put in: *Quick-start Guide*.

## Self-Care Habit Number Five: A Good Night's Sleep



### A Good Night's Sleep Can Improve Your Day

Because sleep is a crucial part of your success in creating a balanced Do-Be-Do-Be-Do-Be lifestyle, your fifth Self-Care practice is from a chapter in my ***Do-Do Rescue Remedy*** book called Sweet Dreams ~ Sweet Life. It's all about supporting you getting a good night's sleep.

The Centers for Disease Control and Prevention (CDC) reported last year that more than a third of Americans don't get enough sleep. Many health issues like depression, autoimmune disorders, and memory issues have a connection to insufficient sleep. Harvard medical researchers have

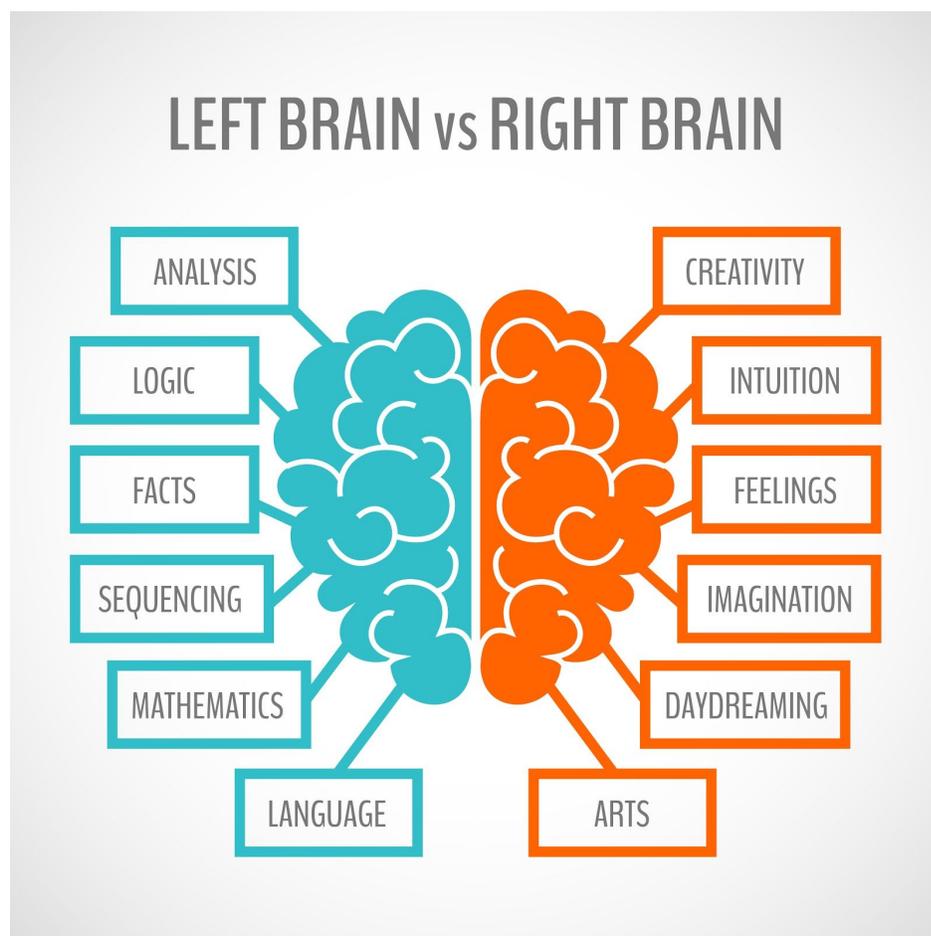
also linked sleep deprivation to obesity, high blood pressure, and daytime fatigue. Most of us have experienced not sleeping well on occasion. Stress, worry, staying up too late, eating late, or sleeping on a bad mattress, can all be contributing factors. Over time, not getting enough sleep can be detrimental to your health. This self-care habit is good for helping your body relax, but it is also a beautiful way to nurture yourself.

When you come to the end of your day, the last thing you want is another thing to do, I know, BUT, this bedtime self-care habit is worth the effort. Rub your feet before going to bed with a relaxing lotion or oil that contains essential oils like Jatamansi (Spikenard), Lavender, Frankincense, Marjoram, or Ylang Ylang. Avoid citrus scents like Grapefruit and Orange as they are stimulating.

As with the hands, the feet have several meridian points that relate to all the organs and systems of your body. Without getting into anything specific, the simple act of massaging your feet can be an enjoyable self-care ritual that fosters compassion and self-love. Because of the acupuncture points in your feet, you are tending to your whole body. As you massage your feet, you can give thanks to your body for its support and comfort during the day. It's worth making this practice part of your daily rituals for forty days. You can end by massaging your hands as well.

As you get more committed to your new Do-Be-Do-Be-Do-Be lifestyle, you might find that one of the side effects is that your sleep

improves. But we all have nights when we wake up and can't get back to sleep. Next time this happens, you might notice that your left nostril is blocked. That is a sign that your left brain, which is the analytical thinking side, is overactive. You can practice the Left Nostril Breathing BE Break to ease the mental chatter so you can get back to sleep. Read Chapter 6 in my book for more information.



## Self-Care Habit Number Six: Moving your Body to Heal Your Whole-self.



Part of my JoyFull Yoga class includes a moving meditation practice I call “Dynamic Movement Meditation.” It was inspired by a Chi Gong practice that stimulates the meridian points in the soles of the feet and by my love of movement. I sprinkled powerful yoga principles into it ... and voila! ... the combination of these healing practices creates a special kind of meditative experience that anyone can do successfully. The goal of the Dynamic Movement Meditation is not to do it perfectly but to do your best, have fun, and practice not judging yourself. This meditation is an excellent opportunity to practice letting go of perfection and activating your sense of humor.

The healing purpose of the Dynamic Movement Meditation is to engage your lungs, heart, and glandular system and stimulate the lymphatic system in a fun way. Yes, I said fun! Fun is allowed—after all, it is called JoyFull Yoga. You can do it anytime you need a boost to energize yourself and release stress to feel great. I know that when I enjoy doing something, I am more likely to do it. It is a great way to support your body to release toxins and to create endorphins to boost your overall well-being by improving your circulation and brain function. It can be your daily joy-full ritual to de-stress and burn some calories at the same time.

I want to encourage you to make time to move every day in a fun and healing way. Use upbeat music with kind words (or no words) but a solid rhythm. I love using world music, but my all-time favorite is just about any song from Jesse Cook. He's a wonderful Canadian guitarist, composer, and producer. He incorporates elements of flamenco, jazz, and many forms of world music into his work. His music is so perfect for me. It's as if he's writing it for my JoyFull Yoga practice. Check out his Rumba Foundation or his Beyond Borders. [Check him out on Apple Music here.](#)

## **BE Break – The JoyFull Dynamic Movement Meditation**

The most important part of this practice is simply stepping (no need to trot) from the right foot to the left foot as you move your arms, hands, and hips. Watch the video in your Virtual Quick Start Guide and in your Do-Do

Rescue Guide.

## **Self-Care is Self-Love.**



Congratulations on making time for yourself. I hope by now you are starting to see the benefits of the Be Breaks and how easy they are to incorporate into your busy life and the profound effect they have. You can come back to this guide again and again when you need support in maintaining your Do-Be-Do-Be-Do-Be Lifestyle. This guide is just the beginning. Be sure to visit my website [LouiseLavergne.com](http://LouiseLavergne.com) for more information on programs and resources to help support you.

Resources - Links from the Guide

Virtual Quickstart Guide Program:

<https://www.louiselavergne.com/opt-in-do-be-guide>

Do-Do Rescue Book & Reader Guide - [LouiseLavergne.com/dodorescue](https://www.LouiseLavergne.com/dodorescue)

Spark Membership - [LouiseLavergne.com/spark-membership](https://www.LouiseLavergne.com/spark-membership)

Water Needs Calculator -

<https://www.slenderkitchen.com/article/how-to-calculate-how-much-water-you-should-drink-a-day>

Jesse Cook Music - [Check him out on Apple Music here.](#)



**My Do-Be-Do-Be-Do-Be Day:**

First thing in the morning: I drink my lemon water;  
Practicing Standing Strong

My water drinking vessel for today is \_\_\_\_\_

I need to refill it: \_\_\_\_\_ time today to meet my daily requirement.

My morning BE Break- The Pelvic Breath is scheduled for:

\_\_\_\_\_

My mid-day BE Break is scheduled for:

\_\_\_\_\_

My afternoon BE Break is scheduled for?

\_\_\_\_\_

My end of day Be Break is scheduled for?:

\_\_\_\_\_

I take the time to rub my feet before bed: \_\_\_\_\_

My Dynamic Movement BE Break is scheduled for :

\_\_\_\_\_

