

THE 24 HOUR CHI CYCLE



5-7^{AM} Get up. Move. Yoga, tai chi, exercise.
Creates: Optimism, positivity and possibility.
You feel: energized and in charge of your life.

Sleep-in. Think. Social media. Stimulants. Sex.
Creates: Lethargy, sadness, worry, depression, guilt
You feel: moody and directionless.

7-9^{AM} Sit down and eat breakfast calmly. Get the workday started.
Creates: Clarity, confidence, resilience, lean body.
You feel: supported.

Skip breakfast. Eat standing or rushing or with social media, news or TV.
Creates: Tiredness, depression, weight gain, bloating, hormonal imbalances.
You feel: overwhelmed.

9-11^{AM} Work hard. Prioritize tasks. Interact. Establish boundaries.
Creates: Efficiency and productivity.
You feel: progress.

Wait for inspiration. Distract yourself with electronic devices.
Creates: Despondency, procrastination and OCD patterns.
You feel: stuck.

11-1^{PM} Work hard. Visionary thinking. Most important things.
Creates: Inspiration and empowerment.
You feel: like life is great.

Unimportant stuff. Waste time. Chill-out.
Creates: Meaninglessness and purposelessness.
You feel: like you hate life.

1-3^{PM} Take a break. Enjoy lunch. Easy work. Trust your gut.
Creates: Joy and happiness.
You feel: satisfied.

Skip lunch. Eat while you work. Important work.
Creates: Erratic manic behavior, anxiety and depression.
You feel: mental instability.

3-5^{PM} Less important and less taxing tasks. Social media.
Creates: Trust, inner strength and backbone.
You feel: in flow with life.

Push. Work hard. Stressful things.
Creates: Resentment, jealousy and sugar cravings.
You feel: a sudden energy crash at 3:30.

5-7^{PM} Stop work. Play sports. Yoga, tai-chi, martial art or dance class.
Creates: Emotional resilience, drive, enthusiasm & willpower.
You feel: happy.

Work hard. Create stress.
Creates: Mental and emotional weakness, dizziness and low libido.
You feel: agitated and irritable.

7-9^{PM} Chill-out. Relationship bonding. Dinner. TV. Creativity.
Creates: Contentment and inner peace.
You feel: nurtured.

Argue or fight. Stress. Work.
Creates: Depression, anxiety and insomnia.
You feel: lonely.

9-11^{PM} Turn off all devices. Go to bed. Sleep.
Creates: Bliss.
You feel: spiritual.

Study. Work. Have alcohol, coffee, stimulants, sugar or dinner.
Creates: Exhaustion, insomnia, CFS patterns and an identity crisis.
You feel: like a lost soul.

11-1^{AM} Sleep.
Creates: Courage to be yourself and follow your dreams.
You feel: like you can do anything.

Eat. Wake up and check phone.
Creates: Cynicism and endless excuses.
You feel: your dreams are impossible to achieve.

1-3^{AM} Sleep.
Creates: Purpose and direction in life.
You feel: rejuvenated.

Eat. Wake up and check phone. Relationship discussions.
Creates: Confusion, anger and stagnation.
You feel: toxic.

3-5^{AM} Sleep. Get up near 5am. Breathe. Meditate. Chi exercise.
Creates: Control, spiritual nurture and inner values.
You feel: in touch with your soul.

Anything except sleep, meditation or chi-practice.
Creates: Separation from soul purpose.
You feel: toxic.