

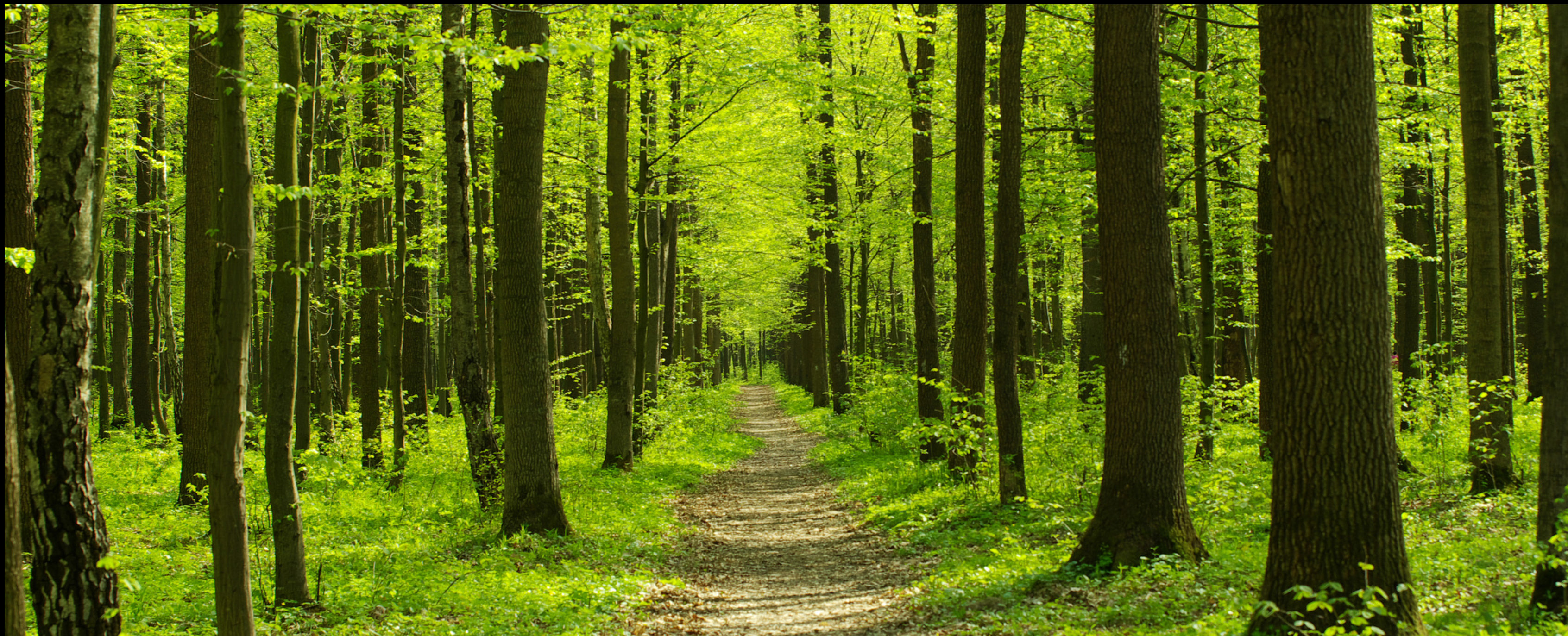
Make Restoration A Lifestyle

A BRIEF REMINDER TO PRACTICE
RESTORATION DAILY



MINDFUL EARTHKEEPER

IT'S TIME TO RISE!



“Where do we even start on the daily walk of restoration and awakening? We start where we are.”

– Anne Lamott



STEP 1: MAP YOUR DAY

STEP 2: TAKE RESTORATIVE
ACTION

STEP 3: PROCESS YOUR DAY
FOR DEEP LEARNING

A Restoration Lifestyle moves us out of inaction.

Every day we focus on one or more restorative actions.



Our focus is on practice and deep learning from our ongoing lifestyle.

Ways to Practice Restoration



Keep a daily
restoration
journal.

Set an intention for what you will restore each day. Sometimes you need to restore yourself before you can focus on anything else.

Notice what works and what doesn't. Stay consistent with your goals and flexible enough to make adjustments.

Celebrate that you are part of the healing and rebalancing of our world.

Engage in a mindfulness practice every day.

Mindfulness practices are restorative. They also help us to increase focus, creativity, poise, ease and effectiveness. Find the right practice for you. Some meditative practices are not good for everyone. Let self care guide you.



Connect to the love that inspires you.

Look for the types of connections you want to create in a given day and over the course of weeks, months, and years.

Consider Justice.

Restoration moves us in the direction of fairness, freedom and balance for all.





Appreciate & align
with nature.



We are deeply connected to the rest of life.

Depending upon where you live, seek to restore balance in your part of the world.

Help yourself to maintain a restorative lifestyle.

01

Connect with Vision of what a Restorative Lifestyle means to you.

02

Map Your Vision into Practices.

03

Practice living your Vision every day.

Practicing restoration can
make your life more
meaningful.

Rather than being part of the problem you become part of the solution.



Restoration is integral to our well-being.

Community.

Without community there can be no restoration.

A Focus on
Restoration can
change your life.

Start today.



A Restoration Lifestyle is the
“miracle catalyst” for personal
and collective evolution. It’s the
set of practices and choices
that will lead us to a brighter
new era.

Karen Powers Wan

