



FOCUS

SHINE... AND AVOID BURNOUT



You are brilliant. A visionary. You're good at overdrive. Overdrive isn't good for you. Give yourself an edge by scheduling time to chill. Every day. Workaholism is an egoic distraction. Stop that. Honor universal rhythm and your brilliance will be a boon to others.

PLAY NICE WITH OTHERS



If you tend to be a little sharp you won't have many friends. Be nice. You don't need to be right all the time. Listen. Connect. Flow. Let go.

KEEP YOUR COOL



Wear natural fibers. Keep your clothes loose and fluid. Greens, blues and silver... linen, hemp, silk are your threads. Workout when it's cool. Hydrate or wilt. Do selfmassage with coconut oil. Flush yourself with aloe juice when you overheat.

TEMPERANCE



Alcohol is lighter fluid for your blood. Use it seldom. Chillax with exercise, walking, and deeper connection. Not exciting... but it works. Coffee + chocolate are super fun... and also lighter fluid for pittas. Darn.

MOON TIME



Worship the moon. Notice rhythm. Attune. Soak up the big white glow.

NATURE FIX



Nature gives your drive space and perspective. Take walks. Watch the clouds. Put a plant on your desk. Soak your feet in a stream... or a tub. Diffuse your focus, breathe and smell the roses. Attend the horizon.

REFLECT



Take time at the end of the day to reflect. Give thanks. Think of seeing your reflection in a pond. Your fire needs water to engage reality accurately.



FOOD

LUNCH IS THE NEW DINNER



If you skip it - you'll burnout. Make it heavy enough to get you to dinner by 6 without distraction. And while we're on topic, don't skip breakfast.

MANTRA: KEEP IT CLEAN



Your body has a super sensitive tox-o-meter. Don't abuse it. Eat clean whole foods or you'll suffer more than most. Grease and processed calories will knock you out faster than Muhammad Ali.

CHLOROPHYLL IS YOUR FRIEND



Chlorophyll is green. Plants with green have chlorophyll. Chlorophyll is your life blood. Green smoothies, salads, green soups. Go big.

BEANS ARE BETTER



Digestion is your ace in the hole... which means you can digest beans. Beans are cooling. Meats are heating. Use white meats over dark or red when you indulge.

SAVORY OVER SPICY



Spice will burn you out. Flavor comes in many flavors. Use cilantro, basil, mint, lemon balm, rose, lemongrass, coconut, dill, fennel, cardamom, coriander instead of the pepper family.

SMART SWEETS



You need sweet taste to chill out your edge. Honey is too hot. Use fresh juicy fruits, or maple syrup or dates in your sweets. Sweet grains like: wheat, rice and oats. And oils including: olive, sunflower and coconut.

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Cate Stillman

