



5 Ways to Slow Down to Get Ahead

We often think the best way to get ahead is to move even faster. **What if slowing down actually helped us get ahead even more quickly AND efficiently?** Have you noticed that you get good ideas when your mind isn't in overdrive, like when you're taking a shower or settling into bed? Choose the tips on this list that best resonate with you to slow you down a bit, adding in small pockets of calm into your life.

1. **Practice gratitude.** At the end of each day, write down three positive things that happened that day. They do not have to be big, include anything you are grateful for or were positive activities. Research shows that you only have to do this for a week or so and the benefits of the practice will carry over for months.
2. **Be mindful.** Our world is moving so fast! Slow down and really pay attention to what's going on around you. Be still and observe and listen. Notice the temperature of the air around you, how your clothes feel on your skin. Take a few deep breaths. Let the past go and allow the future to happen as it will. Many studies show that staying present in the now increases positive emotions while reducing negative emotions and stress.
3. **Exercise.** Incorporating any type of physical movement into you day will help you sleep better, boost your immune system, and reduce anxiety. Exercise helps your body release endorphins, those feel-good feelings, making you calmer.
4. **Meditate.** When we meditate, we give our bodies, and our minds, a chance to rejuvenate and heal. By sitting quietly, we reduce stress, and can be more calm, focused and attentive. Start simply by setting a timer for 1 minute and just focus on your breath coming in and out of your body. Add more time as you practice more.
5. **Carry Out Random Acts of Kindness.** Slowing down to notice five a week will increase your happiness and sense of well-being for up to 3 months! "Paying it forward" feels good and benefits everyone around you.

Looking for some other ways to slow down? Or want some clarity around which direction you should be headed? Contact me at kim@kimbilawchuk.com to schedule a Slow Down to Get Ahead Clarity session today.