FINDING
EQUILIBRIUM

40 Things to Do to *Find Equilibrium*

Simple, everyday practices to build resilience and wellbeing

Live your potential.

LAWRENCE MITCHELL

A toolkit, not a checklist

Equilibrium is not a fixed state. It is an ongoing practice of noticing when we have lost our balance and finding our way back. No one can do all forty of these things, and no one needs to. Read through the list, tick what you already do and mark the few you would like to try. Small, consistent changes are what make the difference.

The six sections follow the six strands of The Line of Resilience. If you've taken the assessment, start with the section for your greatest opportunity.

Body MOVEMENT, NOURISHMENT AND REST

		DOING	TRY
1	Walking every day	○	○
2	Stretching or yoga	○	○
3	Morning sunlight	○	○
4	Breathwork	○	○
5	Cold exposure	○	○
6	Grounding or earthing	○	○
7	Eating whole, single-ingredient foods	○	○
8	Cutting ultra-processed food	○	○
9	Reducing caffeine dependency	○	○
10	Cutting alcohol	○	○
11	Hydration	○	○
12	No eating two to three hours before bed	○	○
13	Consistent sleep and wake times	○	○
14	A cool, dark, quiet sleep environment	○	○

Mind FOCUS AND ATTENTION

		DOING	TRY
15	Screen-free first hour of the day	○	○
16	No phone in the last hour before bed	○	○
17	Single-tasking	○	○
18	Deep work blocks	○	○
19	Turning off all non-essential notifications	○	○
20	Reducing social media and news consumption	○	○
21	Embracing boredom	○	○
22	Reading physical books	○	○
23	Learning a new skill	○	○

Heart EMOTION AND JOY

		DOING	TRY
24	Journalling	○	○
25	A daily gratitude practice	○	○
26	Therapy or coaching	○	○
27	Analogue hobbies	○	○
28	Spending time with animals	○	○

Spirit STILLNESS AND MEANING

		DOING	TRY
29	Meditation	○	○
30	Time in nature	○	○
31	Prayer or spiritual practice	○	○

Financial SECURITY AND CHOICE

		DOING	TRY
32	Mindful spending: pausing before you buy to ask if it will bring you joy	○	○
33	Writing down everything you spend for a week	○	○
34	Building a savings buffer for peace of mind	○	○
35	Investing regularly and letting compound interest work for you	○	○
36	Building more than one stream of income	○	○
37	Giving to causes you care about	○	○

Community CONNECTION AND BELONGING

		DOING	TRY
38	In-person social time	○	○
39	Phone-free meals together	○	○
40	Acts of service or volunteering	○	○

My equilibrium plan

Choose three practices to begin with this week. Notice how you feel, keep what works and let go of what doesn't.

1

2

3

HOW I WILL KNOW IT IS WORKING

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Nothing is good, nothing is bad and too much of a good thing can be a bad thing. Our goal is to find our point of equilibrium based on our uniqueness, recognise when we are out of equilibrium and build the toolkit to get back there.

THE FINDING EQUILIBRIUM JOURNEY

Understand yourself.
Integrate every part of yourself.
Choose consciously.
Live your potential.

#FINDINGEQUILIBRIUM