

# A DAY IN THE LIFE

## Emily's Top Tips to Stress Less and Accomplish More Daily

with Emily Fletcher, founder of Ziva Meditation  
and author of *Stress Less, Accomplish More*



### PRO TIP

IF YOU READ AUTOBIOGRAPHIES OF THE WORLD'S MOST EXTRAORDINARY PEOPLE, EACH OF THEM STARTS THEIR DAY FOR THEMSELVES (EVEN MOMS). NOT ONE OF THEM STARTS THEIR DAY BY CHECKING EMAIL. You think you "don't have time" to start my day with meditation, but that's like saying, "I don't have time to get gas before I go on this long road trip!" You have to fill yourself up first before you have anything to give.

### MORNING

**8:00am:** My alarm goes off, I brush my teeth, scrape my tongue to get rid of all the toxins released overnight and have some water (not in the winter, room temperature in the summer).

**8:10am:** I get moving with 10-15 minutes of yoga and/or Ayurvedic exercises to wake up my body.

**8:30am:** I do The Ziva Technique—mindfulness, meditation and manifesting. This is the only non-negotiable self-care habit that I have. The others I will mix and match depending on season or level of demand in my life.

**8:50am:** I use the 5 Minute Journal to write 3 things I'm grateful for, 3 things that would make today great, and 3 things I want to accomplish today.

**9:00am:** Breastfeeding/playtime with my son, Jasper.

**9:30am:** I have my favorite superfood smoothie and take all my supplements, including a prebiotic/probiotic, cod liver oil and vitamins C and D. [Get my full supplement regimen here.](#) Nourishing my brain and body like this makes a huge difference in my performance day to day. Shout out to my husband who makes said smoothie while I breastfeed. #teamwork

**10:30am:** Leave for work at Ziva in Soho, Manhattan, or I sit down at my laptop to work at home for the day. My work days vary, and I have to be ready for anything from meeting with my team to getting interviewed for a podcast, doing a video shoot, or teaching a roomful of people The Ziva Technique!



# Emilys Busy Day

**Jiyuan Zhang**



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