

Pillar 2: Movement — Jump Start to Strength for the Ascent

**If scores are low, start with gentle consistency, not intensity
(Choose to start with 1 or 2 that resonate with you.)**

10 Simple Shifts:

1. Get sunlight within the first hour of waking.
2. Take a 10-minute walk daily (especially after meals).
3. Set a timer to stand or move every 60–90 minutes.
4. Do 5 minutes of stretching in the morning or before bed.
5. Pair movement with something enjoyable (music, podcast, prayer).
6. Try a “movement snack”: 1–2 minutes of squats, wall pushups, or mobility.
7. Focus on how movement makes you feel, not just performance.
8. Add 2 short strength sessions/week (bodyweight is enough).
9. Park farther away or take the stairs when possible.
10. End your day with gentle mobility to signal safety to your body

**Focus on how movement makes you feel, not just performance.
Gentle, regular movement tells your body: “I am safe. I am capable.”**

+++++

Small steps, practiced consistently, create powerful change.
This is how you begin your journey toward Great Calm and
Whole-Body Alignment.