

SEVEN STONES LEADERSHIP

Practices of The Laws of Enough™

Law #1: Stories Matter.

Practice: Daily Self-Inquiry

This practice can help throughout the day and allows us to pause and see what stories we are telling ourselves. Set an alarm on your phone or complete the process at each meal break, pick the timing that feels comfortable. You may choose to write answers in a notebook or draw in a journal. Feel free to reflect on all the questions or just choose one or two—make this work for your needs.

Upon waking

- How am I?
- Who or what is nourishing me?
- What do I need to write down to clear my mind?
- What intention will I create today?
- What conversations call to me today?
- What actions require my attention?
- What foods nourish me?
- What foods don't work for me?
- Who can I tell I love?
- What needs completing?
- Where can I invest my time, money, or talents today?
- Where can I help?
- What is enough today?

Noon

- What can I acknowledge and appreciate myself for in this moment?
- Is my breath flowing throughout my body?
- Are there urgent matters that require my attention?
- Are there things I planned to do that aren't as relevant as I thought?
- Is the intention I set this morning present for me?

Evening

- What am I grateful for?
- Where did scarcity grip me?
- Where did I feel connected today?
- What do I need to do, say, or write to be complete for this day?

Law #5: Resting is Required.

Practice: Making Space

Literally, make space in your life. What can you let go of materially? Make a move now or put time in your calendar to practice releasing anything that does not bring you joy and ease. Invite a friend to join you and then go to their house and return the favor.

- Empty junk drawer(s).
- Look in your closet and drawers and release anything you did not wear in the past 12 months.
- Empty any box you haven't opened since you last moved.
- Give something away daily for 30 days.
- Don't go grocery shopping until you eat or give away all the food in your pantry.
- Clean your attic, basement, or garage this month.
- Empty your storage facility and take 6 months of the monthly expense and gift it to a friend or invest it in an organization aligned with your personal mission and values.

Law #6: Joy is Available.

Practice: Cultivating Joy

To explicitly cultivate joy, Gina does the following journal practice before bed. Start this practice with a 30-day commitment. Write something about each of these topics:

- What am I grateful for? This is a way to remember the special or forgotten moments of the day.
- What am I proud of? This question helps you focus and bring your attention to your inherent goodness.
- What am I longing for? Tapping into your longing helps you feel your fragility and brings your awareness to the preciousness of life.

Law #7: Love is the Answer.

Practice: How Well Did I Love Myself?

This is a potent question that you can ask yourself daily or weekly. If you are interested in cultivating certain qualities or releasing hatred or personal flaws, add to the question. For example: How well did I love myself this week? How well did I love my softness, my beauty, my anxiety, and my stubbornness?