



superabound
COACHING

YOUR CEO FRIDAY AWAITS

FROM [EP. 308 OF THE SUPERABOUND PODCAST](#)

When You Want a Yin/Restorative Day

This is when you chill out and refill your well

- ✓ Sleep in, if possible
- ✓ Meditate—we have 5 different practices here
- ✓ Yin or gentle yoga class
- ✓ Read a non-work related book, just for the pleasure of it
- ✓ Nap or guided relaxation practice
- ✓ Get your favorite bodywork (massage, facial, etc.) or energy work
- ✓ Take a sauna and breathe intentionally
- ✓ In the evening, do some journaling to reflect on the day and any insights that may have arisen through the space you created
- ✓ Give yourself the gift of an early bedtime

When You Want a Growth-Focused/ Yang Day

This is when you build your energy by using it

- ✓ Meditate or a more active spiritual practice
- ✓ “Coffee with the Oracle” session, or other big thinking time with your journal
- ✓ Invigorating workout or yoga
- ✓ Sauna and cold plunge (if you are feeling brave)
- ✓ Focused study time, reading books about something vision-aligned
- ✓ Work with your personal coach on areas of your life or business you want to evolve
- ✓ Go for a walk in nature
- ✓ Lose yourself in a fun hobby or activity
- ✓ Socialize with inspiring people you enjoy

Questions to Guide Your Day

Ask these to create your own CEO Friday



Do I need more restoration, inspiration, or a combination of both?



What do I want to feel by the end of the day? What are the easiest things I can do to support myself to feel that way?



What feels like a generous use of my time and energy as the visionary responsible for my life's direction?



If you're ready to invest in your growth as a business owner and leader, to not only have consistent CEO Fridays but a *business you love*, [click here to schedule a consultation](#).

We have limited openings for new 1:1 clients and the 30-minute call will help you decide if VIP coaching is the right next step for you.

Warmly,
Steve & Erin

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