



Simple Dosha Checklist

VATA DOSHA | that which moves things

Elements: air and ether.

Qualities: lightness, movement, change, roughness, quickness and dryness.

Physiological: Force behind the nervous system, respiration and elimination.

Imbalanced Vata: You may have experienced imbalanced vata energy if you have had dry skin, constipation, premature wrinkles, anxiety, fear or a general feeling of being spaced out.

Balanced Vata: Enthusiasm for life. Excellent healers, inspired writers and artists, and enthusiastic speakers

Fill this out for your long-term tendencies, not necessarily how you feel today. Think of how you have felt/lived/been over your entire life, not just this week. Check all that apply:

- You have a slimmer frame body with a fine bone structure and unpronounced muscles.
- You tend to have a hard time putting on weight.
- You tend towards constipation and/or gas when your digestion is off.
- You have been called spacey or even an airhead.
- You have a wonderfully creative mind and can change your mind easily.
- Your speech is fast, with an exuberant or nervous tone, and you can be a drama queen when you talk.
- You have thinner, finer hair, small eyes and more brittle nails.
- Your voice has been called “airy” and may have a thinner, higher tonality.
- You spend money as fast as it comes in.
- You feel too cold more often than too hot.
- You have premature wrinkles.
- You have drier skin.
- Your appetite varies and your eyes are often bigger than your belly.
- You are a super-quick learner, but if you are out of balance it can go in one ear and out the other unless you really focus.
- You like airy foods like toast, chips and crackers.
- You have the tendency to multitask.
- When you’re out of balance, you tend towards anxiety and nervousness, or fear and depression.
- You have been called a worrywart.
- You have an urge towards deep spiritual practice.
- You have deep intuition or even some psychic abilities.
- You have an irregular menstrual cycle or scanty menstruation.
- Your sleep is light and when you are out of balance, you are prone to early morning insomnia.
- You bite your nails.
- Your energy comes in bursts, followed by fatigue



PITTA DOSHA | that which digests things

Elements: fire and a little water.

Qualities: sharpness, oiliness, lightness and instability.

Physiological: digestion and metabolism

Imbalanced Pitta: fever, loose stools, skin rash or acne, or the heated emotions of anger and frustration. We become overly critical and compulsive.

Balanced Pitta: On the plane of the mind and spirit, pitta carries the gift of discernment that can cut through the smokescreen, allowing you to see a situation clearly.

Fill this out for your long-term tendencies, not necessarily how you feel today. Think of how you have felt/lived/been over your entire life, not just this week. Check all that apply:

- You have a naturally toned body, with a medium bone structure.
- You have a more angular face, with deep set, moderately sized eyes.
- You have slightly oily skin, with a rosy or ruddy complexion.
- Your skin is sensitive, possibly prone to rashes or acne.
- You have red in your hair
- Your digestion is generally strong – you feel like you could eat anything.
- You tend towards looser stools when your digestion is off.
- You have been called intense.
- You have a wonderfully sharp, focused mind and often feel that you know the best way to do things.
- You have leadership qualities and it's difficult for you to be a follower when in a group setting.
- When you skip a meal or are hungry, your friends know to watch out as you may become angry or irritated.
- You often crave spicy foods.
- You are often thirsty.
- Your hair started thinning, or turning gray early.
- When you are mentally or emotionally out of balance, you tend towards intensity, anger or irritation.
- You can be highly critical of others and yourself.
- Your menstrual cycle is regular, with a medium to moderate flow.
- You feel too hot more often than too cold.
- Your speech is moderately paced, your tone is sharp or intense
- Your words can be combative or judgmental when you are out of balance.
- You love spending money on luxuries.
- You have a strong sex drive
- You sleep soundly but for shorter periods
- When in balance, you have abundant energy



KAPHA DOSHA | that which holds things together

Elements: earth and water

Qualities: stability, heaviness, wetness and coolness

Physiological: force behind the lymphatic system and the mucus membranes

Imbalanced Kapha: Hard time losing excess weight, and can gain easily. Quality of holding on can turn into gripping or a codependent attachment.

Balanced Kapha: Luscious, well-lubricated, sturdy and dependable

Fill this out for your long-term tendencies, not necessarily how you feel today. Think of how you have felt/lived/been over your entire life, not just this week. Check all that apply:

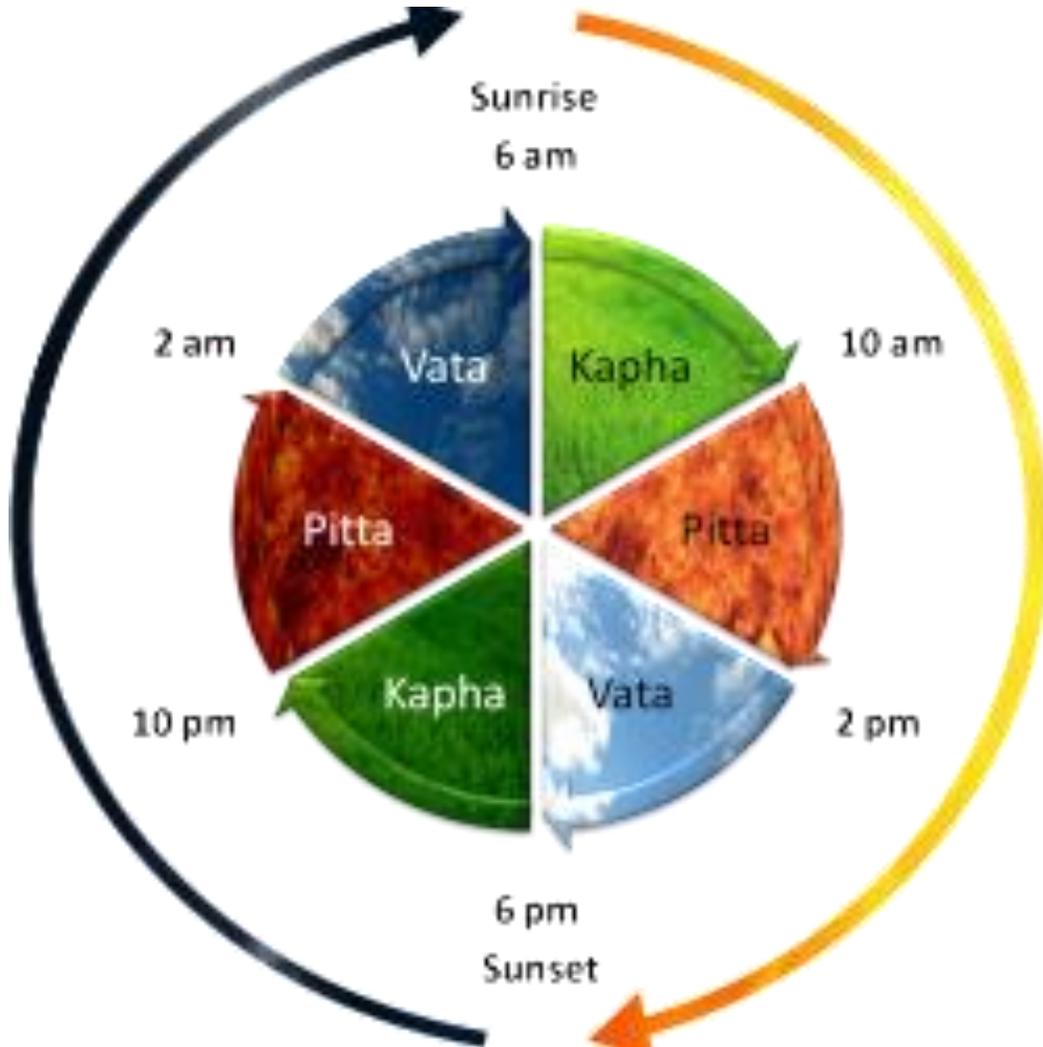
- | | |
|--|---|
| <input type="checkbox"/> You have a thicker build and a rounder face. | <input type="checkbox"/> Your appetite is predictable, but not necessarily big. |
| <input type="checkbox"/> You sometimes say, "If I just look at food, I gain weight." | <input type="checkbox"/> You tend toward slower digestion and may feel heavy after eating. |
| <input type="checkbox"/> You have rounder body features in general. | <input type="checkbox"/> Your stools tend to be large and bulky, possibly even with mucus. |
| <input type="checkbox"/> Your eyes are large and round. You have been told that they are unbelievably beautiful. | <input type="checkbox"/> You sweat a lot, but it smells sweet. |
| <input type="checkbox"/> You have been told that you have great skin. People have asked to touch it, as it is wonderfully soft. | <input type="checkbox"/> You have been called earthy or grounded. Your friends know that they can always count on you. |
| <input type="checkbox"/> Your skin can be moist and, when out of balance, have cystic acne. | <input type="checkbox"/> You are a total love bug, but you can get possessive or overly sentimental when out of balance. |
| <input type="checkbox"/> You have strong healthy gums and teeth. | <input type="checkbox"/> When out of balance, you may be a hoarder. |
| <input type="checkbox"/> Your hair is thick, curly, wavy and/or has a polished look. | <input type="checkbox"/> Your body temperature tends to be cool, but not cold. |
| <input type="checkbox"/> Your joints are large and well lubricated. They don't ache or crunch or squeak. They are not prone to inflammation. | <input type="checkbox"/> Your period is regular with an average to heavy flow. |
| <input type="checkbox"/> Your speech moves at a slow pace, your tone is soft, and your words are usually sweet. | <input type="checkbox"/> You sleep heavily when in balance. You love sleeping late and it can be hard to get out of bed in the morning. |
| <input type="checkbox"/> Your resting pulse ranges from 60 to 70 beats per minute. | <input type="checkbox"/> Your dreams are romantic. You dream of sex, snow, and watery places like cool mountain lakes |
| <input type="checkbox"/> You have good finances and know how to save money. | <input type="checkbox"/> You are generally calm and consistent. |

Add together the number of checked boxes in Vata: _____ Pitta: _____ Kapha: _____



The Habit

RISE, SHINE, REST, REPEAT.



Divine Dinacharya

Design Your Daily Rhythm Through the
Wisdom of Ayurveda

UNDERSTANDING THE AYURVEDIC CLOCK

The wisdom of Ayurveda teaches that just as each human has a predominant energy of either pitta, vata or kapha, different doshic qualities apply to different times within our 24-hour sun cycle.

2:00 AM – 6:00 AM – VATA TIME

Early morning before sunrise is the time of VATA. The qualities of vata are expressed with brisk coolness in the air and the beginning of increased activity of nature as birds begin to sing and people begin a new day. The vedics teach us to adopt a practice of rising during “brahmamuhurta” – the sacred time before the dawn. It has long been believed that rising just before sunrise allows for heightened creativity and mental awareness, and more recently there is scientific evidence to back this up (check out Robin Sharma’s 5am club online). This is wonderful time of day for creative expression and meditation. Partake in the recommended morning rituals herein to start your day right.

6:00 AM – 10:00 AM – KAPHA TIME

When kapha is high, digestion is often slow or diminished. Therefore, it is wise to avoid heavy meals first thing in the morning. Instead, we should consider light and warm meals which can be more easily digested (a good example of this is stewed apples or cooked oats with cinnamon). Kapha time is not the most well suited for coming up with new plans and taking new action. Have a checklist for your morning, and follow your routines in this easeful and loving time of day.

10:00 AM – 2:00 PM – PITTA TIME

During mid-day, kapha decreases while pitta increases. As pitta continues to increase you will notice an increase in appetite reflecting when the power of digestion is at its peak. Generally, the largest meal of the day should be eaten at this time, when the metabolic digestive fire (“agni”) digests and assimilates food optimally. The fire of pitta is also reflected in the mind at this time; you’ll often find yourself at your most productive during these hours.

2:00 PM – 6:00 PM – VATA TIME

Vata energy brings about lightness to the mind, which makes it more challenging to focus. Instead of struggling with focus, this may be a good time to reorganize your desk, revisit your ‘Things-To-Do’ list and consider brainstorming new ideas. It’s a great time of day for creative meetings or planning sessions. You may experience a distinct drop in energy due to that loss of pitta fire, which leaves you reaching for sugar or the coffee pot. Consider taking a few minutes of meditation during this time to oxygenate your cells and regain focus. Look to eat a light a easy to digest supper as 6pm approaches.

6:00 PM – 10:00 PM – KAPHA TIME

Dinner should be eaten early. Eating too late in the evening leads to undigested food remaining in the digestive tract and thus resulting in the accumulation of undigested food material – toxins (“ama”) in the colon. In order to ensure restful sleep, relaxation is essential before bed. The aim is to be asleep before 10pm. Normally, the qualities of kapha accumulate throughout the evening and the body will naturally be tired. If we are in tune with these natural rhythms of life the body will naturally seek to experience deep and restorative sleep by this time. A good yogi will avoid screen time through the evening, allowing for a natural release of sleep hormones. Partake in the recommended evening rituals to ensure your sleep is restful.

10:00 PM – 2:00 AM – PITTA TIME

The night time pitta phase is for restorative sleep, internal detoxification and cell regeneration. You may notice that if you ignore the natural sleepy feels of kapha time, you catch a second wind after 10pm. This is the fire of pitta. If one remains awake during these late hours you will notice an increase in appetite i.e. “mid-night cravings” due to the fiery nature of pitta. Eating during these late hours is not conducive to health because pitta at night is not intended for digestion but rather repair and transformation of bodily tissue. Lastly, sleeping on a full stomach can result in the buildup of partially digested food (toxins) in the gastrointestinal tract, preventing restful sleep.

Many symptoms of disease may be removed through simply aligning one’s sleep and meal times with the circadian rhythm or the 24-hour cycle of the day. The vedics have for at least 7,000 years prescribed alignment with this rhythm for optimal health, and modern science in circadian medicine and chronobiology has caught up with Nobel prize winning evidence. Check out Jeffrey Hall and Michael Rosbash, winners of the 2017 Nobel prize in physiology or medicine, for their discoveries in how internal clocks and biological rhythms govern human life.

To take advantage of the governing energies throughout your day, an Ayurvedic practitioner would have you establish DINACHARYA.

Your Dinacharya, or daily rhythm, includes simple rituals that set you up for consistent daily energy, and restful, nourishing sleep.

Read through the suggested actions in the following pages, and consider how implementation into your current daily routine might support your physical, mental, and emotional well-being.

Daily supports for all mind-body types

The below daily routines have been scientifically proven to support physical, emotional, and mental well-being for all humans. Daily detoxifying practices like these prevent “ama” – the buildup of toxic food, thought, and emotion in our physiology. Implementation and “ritualization” of these actions brings healthy digestion, elimination and gut health, optimal sleep rhythms and healthy cell restoration, consistent daily energy and mental clarity, and an overall feeling of being WELL.

MORNING

- Upon waking, Smile. "Our smile affirms our awareness and determination to live in peace and joy. "The source of a true smile is an awakened mind."
- Hydrate. Drink one-liter room temp. water, or 2 cups hot water with lemon. Jumpstart digestive flow.
- Scrape your tongue before brushing your teeth. Facilitate daily detox.
- Splash cold water on your face. Wake up your senses.
- Dry brush your body. Wake up your skin & stimulate blood flow.
- Do 50 jumping jacks and 5 sun salutations. Jumpstart your flow of energy, then ground yourself moving forward into the day.
- Express gratitude. Write down 2-4 things you're grateful for, and an intention for being present

EVENING

- Let Go. Release the day's events. Unplug from work.
- Close the kitchen. Eat early, then give your body room to digest your food, thoughts and experiences from the day.
- Move with joy. Dance, walk, or play before settling for the evening.
- Disconnect. Switch off the screens, and allow your body to naturally release sleep hormones 1-2hrs before bedtime.
- Dry brush your body. Brush from crown down to toes to trigger relaxation of the nervous system.
- Express gratitude. Write down 2-4 events that inspired you today.
- Lights Out. Keep evening lighting dim. Allow yourself to go to sleep by 10:00pm

Which practices might you benefit from adding to your daily rhythm? Check all that apply.

CONSIDER: Are you partaking in any of these actions daily? If not, or if very few.... What are you doing instead? Are your current daily habits feeding your health, or feeding into potential problems long term?

Daily supports for your Dosha

As you come to understand your tendencies toward imbalance through the lens of Ayurveda and your constitution or dosha, you may customize your daily routine to support your best self. There is no one size fits all approach to optimal well-being. We've all faced different life experiences, different upbringing, different view of priorities. Ayurveda understands this, and helps you to create a routine that brings the most balance to the one and only YOU.

Vata

- Self massage with oils to balance your nervous system and detox your lymphatic system (cold pressed sesame, sunflower or olive oil are best. Coconut oil is okay)
- Practice meditation to cope with stress, anxiety or depression. Consider a guided body scan meditation, to ground the mind
- Lubricate and protect dry sinuses by practicing neti and nasya (sinus rinsing and oiling)
- Sleep with a humidifier to keep sinuses clear
- Follow a REGULAR rhythm of sleep, mealtimes, exercise and rest
- Partake in grounding exercise such as yoga
- Enjoy warm golden milk (turmeric tea) with lubricating coconut oil
- Always carry extra layers to avoid being cold
- Pay extra attention to these VATA pacifying practices in the winter season.

Pitta

- Self massage with oils to balance your nervous system and detox your lymphatic system (coconut oil or sunflower are best. Sesame oil is good in winter)
- Avoid excessive activity during midday heat
- Do not skip meals. Enjoy a large, relaxing lunch before 2pm
- Carve out time each day to rest, rather than push yourself
- Enjoy herbal teas such as mint, dandelion, chicory and hibiscus
- Sip room temperature or cool (not cold) water with cucumber slices to keep cool
- Enjoy outdoor exercises such as hiking, SUP and swimming
- Use relaxing guided meditation to slow excessive thought
- Eat more vegetables and cooling foods. Enjoy a green juice with fennel, apple and kale
- Wear removable layers to avoid over-heating
- Pay extra attention to the PITTA pacifying exercises during the summer season

Kapha

- Allow yourself to wake early. Avoid the tendency to over-sleep
- Self massage with oils (coconut or sesame oil are best) ONLY during the winter season. Dry brushing 2x daily through the year is recommended for lymphatic flow and optimal circulation.
- Pay attention to your hunger. Eat at consistent times, 2-3 meals per day with no snacking. Allow your body a minimum of 2-3 hours between dinner and bedtime
- Practice bellows breath: breathe quickly & with strength in and out through your nose for 30 seconds while expanding & contracting your diaphragm. Sit in silence for 1 minute.
- Exercise EVERY morning to increase circulation, mood and immunity
- Enjoy cardio routines & running
- Move built up mucous and boost immunity by practicing neti and nasya (sinus rinsing and oiling) regularly
- Enjoy spicy and bitter foods that wake up your tastebuds. Try a green juice with Lemon, ginger, cayenne pepper, celery and arugula.
- Pay extra attention to these KAPHA pacifying exercises during spring and fall seasons.

Which practices might you benefit from adding to your daily rhythm? Check all that apply.

Do you feel drawn to the recommended actions for YOUR dosha?

Or, do you feel more drawn to the actions under a different doshic recommendation?



Establishing Dinacharya - Creating New Routines

Ayurveda is a beautiful science, connecting us to our true nature, connecting us to the elements. Your Ayurvedic daily routine may be approached from a spiritual perspective. You might view these daily actions as divine ritual.

AND

Let us not forget that Ayurveda IS science.

Each of the recommended daily actions of an Ayurvedic lifestyle is extremely well-researched. These simple habits save lives. SO, we want to be sure we understand how to implement them.

A routine is nothing more than a bunch of habits, stacked on top of one another, and then repeated over and over until they become automatic. These are things that you do, one after another, without fail each day (or work day). Good or bad, you already have a routine currently. This is a good thing. It means we have something to work with.

The theory behind establishing dinacharya, or a daily rhythm to your self care, is that if there's a bunch of stuff you should probably do every day to maintain good health, you might as well do them in the same order.

WHY? *Because of basic neuroscience.* Repeating things the same way every day makes them happen more easily, requiring less motivation and effort from you. Motivation & effort required tasks happen from the prefrontal cortex or conscious brain. UNFORTUNATELY, only about 5% of our daily decisions or actions come from this space. The rest happen as an act of the subconscious.

We have an awful lot of bad habits we fall into without thinking. *Blackout snacking, shopping, scrolling, to name a few.* You can work on removing these habits, but **a more proactive thing to do is focus more on creating the good habits, rather than cutting out the bad.** Creating a fixed routine, and setting self-care tasks to automatic, is the ultimate way to ensure you're not missing out on taking care of yourself.

The following process will help you create a routine that works for you, in a way that feels doable and permanent.

STEP 1 – YOUR DESIRED ROUTINE

With an understanding of your Ayurvedic constitution, or dosha, you have the opportunity to create a custom routine that supports your best self.

After completing your dosha quiz, and choosing your desired actions from the dinacharya checklist, take a few minutes to consider what you feel would be the most supportive practices for you to implement right away.

NOTE** - It is EXREMELY difficult to adopt habits that stick when we bite off more than we can chew. Choose no more than 2-4 of these practices to start.

1. _____
2. _____
3. _____
4. _____

Once these are automated, you can simply re-visit the list and refine your routine.

STEP 2 – CLARIFYING YOUR RITUALS

The more specific you are about your intention, the more likely you are to reach it. All of the things above are real tasks; You should have a pretty good idea of how long they take OR how long you realistically want to commit to each of them, considering your schedule.

Take a moment now to go back to step 1 and jot down the intended duration of each of your tasks, in minutes. For example:

1. Full body dry brushing 2x per day – *1 minute each*
2. 50 jumping jacks and 5 sun salutations– *5 minutes*
3. Making golden milk (turmeric tea)– *10 minutes*
4. Gratitude journal– *3 minutes*

STEP 3 – HABIT ENGINEERING

Saying we’re going to try something new, without defining when or under what circumstances, is kind of a waste of breath.

Habit change science shows that the most effective way to create a new habit, and ACTUALLY DO THE THING, is to tie it to an existing one. The thing you’re already doing becomes a “trigger” for the new action.

For example:

1. Full body dry brushing 2x per day – 1 minute each – *when I take off my pjs and before I put on my pjs*
2. 50 jumping jacks and 5 sun salutations– 5 minutes – *upon waking, after I use the washroom*
3. Making golden milk (turmeric tea)– 10 minutes – *in the evening, before I turn on one episode of my favorite tv show*
4. Gratitude journal– 3 minutes – *last thing before I turn out my lights*

Returning to your list – consider your current routine, and where might be the ideal place to engineer in your new rituals.

1. _____
2. _____
3. _____
4. _____

STEP 4 – EMBRACING ZAIZEN

The Japanese termed the word kaizen as small, incremental steps in the right direction, that result in big change. Removing the focus from the stress of 100%, so we can focus on the little steps we can take right now, to facilitate change in a realistic way.

How does it feel to commit to such small change? Some of these actions are so small, you'll implement them and literally feel like you haven't changed a thing. And this might be the problem: *When something is easy to do... it's easy to not do.*

Here's some interesting math: *If you start out with \$100 at the beginning of the year and you're able to increase what you have by 1% every single day, at the end of the year, you will have \$3,778.34. That is 37.78x what you had at the beginning of the year.*

Applying this to your self care – if you can put in 1% more effort today than you did yesterday, and 1% more tomorrow, after a year you'll be feeling 37.78 times better than you do now.

So ask yourself – in fact, make it your mantra:

HOW EASY CAN IT BE?

What could happen if you create a simple routine around simple self care?
Trust me. It's worth a couple minutes a day to find out.

*"You will never Change Your Life until you change the things you do daily.
The Secret to Your Success is found in your daily routine."*

~John C. Maxwell