

Spirit

Expansion Action: List three ways that you know that you already experience connection on a regular basis. Celebrate them and share them with someone else if it feels right. List three additional ways that you would like to experiment with. Be sure to clearly define the activity and when you will do it. Share your list with someone to help hold you accountable.

Three Ways I Experience Connection

1. _____
2. _____
3. _____

Three New Ways I Would Like to Try

1. _____
2. _____
3. _____

Mind

Expansion Action: Becoming friends with our mind is the most important thing that we can do. This exercise is focused on helping you uncover hidden beliefs that are keeping you from moving forward.

List three things that have upset you or things you are frustrated with in your life right now.

1. _____
2. _____
3. _____

For each upset, take a few deep breaths and identify the belief that is associated with that upset. Then identify a positive action you can take to shift it, such as bringing gratitude to it or creating an affirmation, a new perspective, or a belief.

Example:

Upset: My kids never pick up their clothes off the floor.

My Belief: I don't think they care about their clothes or respect our house.

Positive Action: My kids are doing the best that they can, and they might need help. Maybe they have too much stuff or maybe they just need a break from all of my rules. I will be more supportive and reward them, rather than jumping straight to my belief that they don't care.

Upset 1: _____

Belief: _____

Positive Action: _____

Upset 2: _____

Belief: _____

Positive Action: _____

Upset 3: _____

Belief: _____

Positive Action: _____

Chapter 3 - Body

Expansion Action: Are you happy with your body, your energy level, your play? Most people have at least one area in which they would like more balance. Pick just one area where you would like to have more balance. Pick just one, and identify three actions you will take to expand your care of you. You could read a book, go walk in nature once a week, or get on that bike that's been sitting in your garage without being ridden. Change happens one step at a time. Take the first step and see how your energy shifts. Then, add another and another until you find the balance you desire for your physical body.

Focus Area: _____

Three Actions to Expand Care of Your Body

1. _____
2. _____
3. _____

Chapter 4 – Healing

Expansion Action: Healing requires willingness and action. Are you willing, and are you willing to take action? Ask yourself the simple question, “What am I willing to heal?” Write down the first three things that come to your mind. Don’t over think it or analyze it. Just write the first three things that come to mind. By allowing your intuition to guide you, you are learning to strengthen your connection to Source.

What I Am Willing to Heal

1. _____
2. _____
3. _____

For each item that you identified that you need to heal, simply identify one action that you will take to initiate healing. It could be a meditation, finding a healer or a practitioner, or trying an essential oil or new modality that I mentioned above. Just identify one thing.

Item 1: _____

Action: _____

Item 2: _____

Action: _____

Item 3: _____

Action: _____

Chapter 5 – Daily Routine

My daily morning routine has changed many times over the past twenty years of spiritual growth and understanding. If you want a simple practice to get you started, here's my current daily morning routine.

- Wake up and get out of bed within 5-10 minutes
- Make my bed immediately so that I have accomplished my first task of the day
- Brush teeth, then get dressed for morning exercise
- Drink a 20 oz. glass of water
- 20 minutes of physical activity to wake up my body
- Donna Eden's Daily Energy Routine - <https://goo.gl/DwY5G6>
- 10 minutes of yoga
- 10 pushups
- 20 sit-ups and 10 leg raises
- 20 minutes of meditation