

IDEA SHEET

Making new Habits

Habits are repeated actions. They embed in our mind (and body) when we add emotions and physical movement.

A Wonderful Feeling!

Let's review the habit of **gratitude** and learn how you can embed this new habit easily in your life.

Your newly discovered control is actually freeing and it liberates you from the chains of short term thinking and dis-empowering habits.

I am grateful for the following in my life today:

Meditation Exercise:

1. Say (to yourself or out loud)

“I remember what it was like when I didn't have this in my life. NOW I feel grateful deep inside because I do have this!”

2. Take a moment and let it sink into your mind, your heart and your soul.

Repeat. Breathe.

3. Say (to yourself or out loud)

I know the feeling of gratitude and it feels good!

The feelings I have are:

_____ , _____ , _____ ,

_____ , _____ , _____ .

- 4. Close your eyes and FEEL the intensity of the feeling(s) increase as you magnify them in your mind.
- 5. Continue to take deep breaths and let the feeling surround you. Magnify the feelings and surround them in white light in your mind.
- 6. Clap your hands and say, “I feel good for all I have brought into my life.”

CLAP. CLAP.

Repeat the simple 5 minute meditation/ habit exercise often throughout your day.

Summary

1. Feel gratitude about certain aspects of your life.
2. Expand the feelings in your mind.
3. Surround the feelings and visualize the “aspects” in your mind, brighter and with stronger feelings.
4. CLAP and say, “I feel good for all I have brought into my life.”

REPEAT. REPEAT. REPEAT!

NEW HABITS.

NEW YOU.

YOU LIKE IT!!

I can do this during the day at:

time:_____ activity:_____

time:_____ activity:_____

time:_____ activity:_____

time:_____ activity:_____

time:_____ activity:_____

I will start this on:_____ (date, tomorrow is good)

Signed_____

This feels good because

YOU are living YOUR MOST LIFE!

