

Exercises for MASTER CLASS - WEEK SIX

1) Choose Happiness

Choose to be happy at least six times a day.

Find things that make you happy and do them daily. They can be things such as going for a walk, enjoying the sunset, reading a good story. The list is endless.

Practice happiness daily.

2) Practice the giveaway

Think about what is holding you back from having a full and exciting life.

Decide what you need to give up.

What is holding you back from being happy?

Do you need to give up criticism, fear, self-pity, guilt or worry?

Maybe you need to cut back on some of your goals. Maybe they don't feel right anymore. Maybe you're pushing yourself too hard.

This week I want you to give up something that is holding you back in your life and be disciplined in giving it up for a full week.

It's a process of elimination. With this exercise you chip away at whatever no longer serves you.

Do this daily as you did with your eliminating negative techniques.

Catch yourself when you find yourself falling into your regular ways. It gets easier the more you practice it.

3) Visualize yourself practicing this week's exercises

Visualizes yourself being happy, content and at peace with who you are; enjoying life day to day, with a new perspective and new way of responding to situations and people.

Do this for 5 min each day.

4) Continue with your project of choice

Use any three mind power techniques that feel most appropriate.

Do this for 15 min each day (5 min per technique).

Keep the momentum happening.

Every exercise you practice is training the mind to take instructions from you and is giving you control in your life.

Remember to chart and journal everyday.

Put a checkmark in the box when you have completed each exercise.

(Charting is an important part of the training; it allows you to visually monitor your training.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise 1							
Exercise 2							
Exercise 3							
Exercise 4							