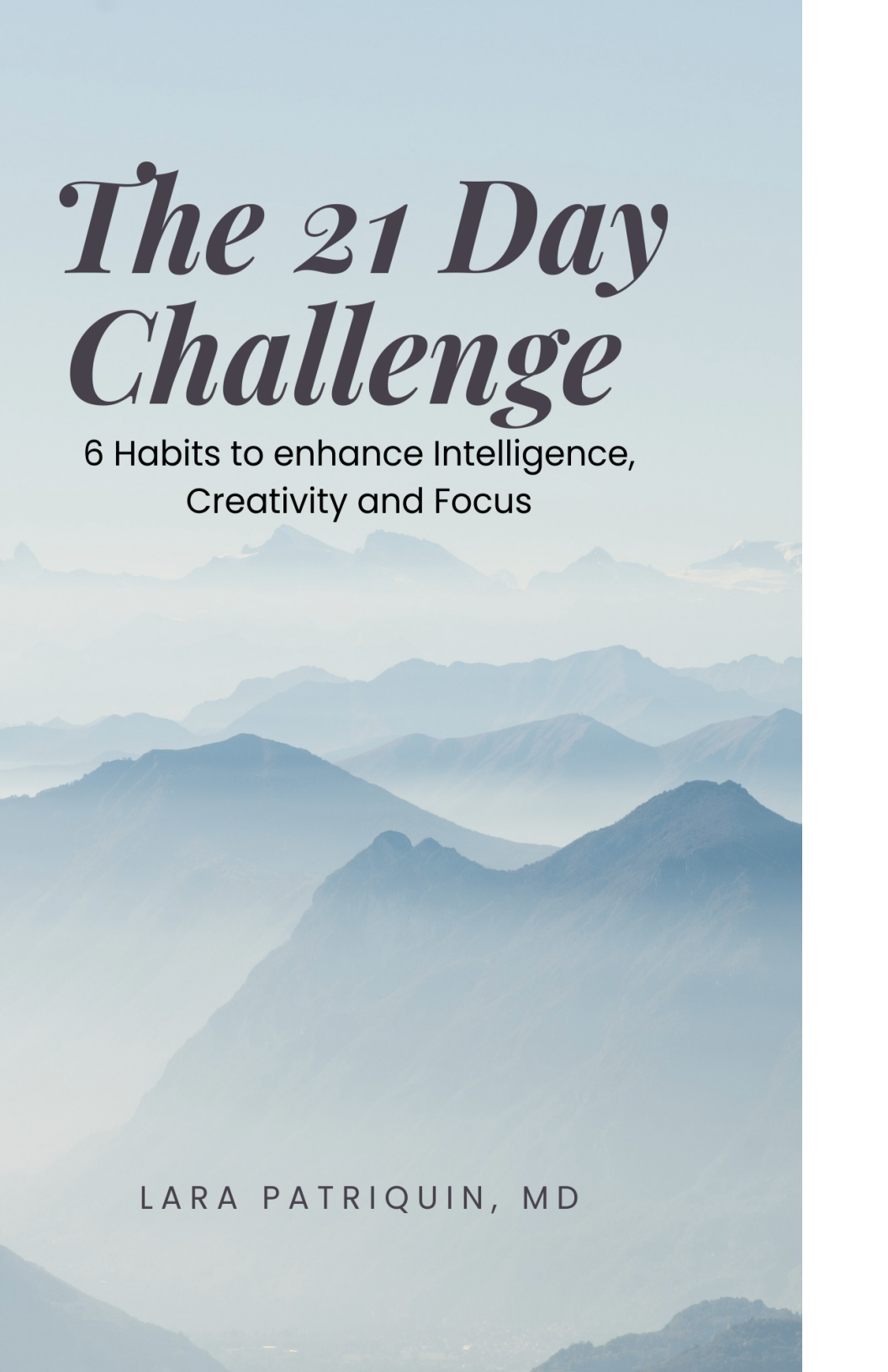
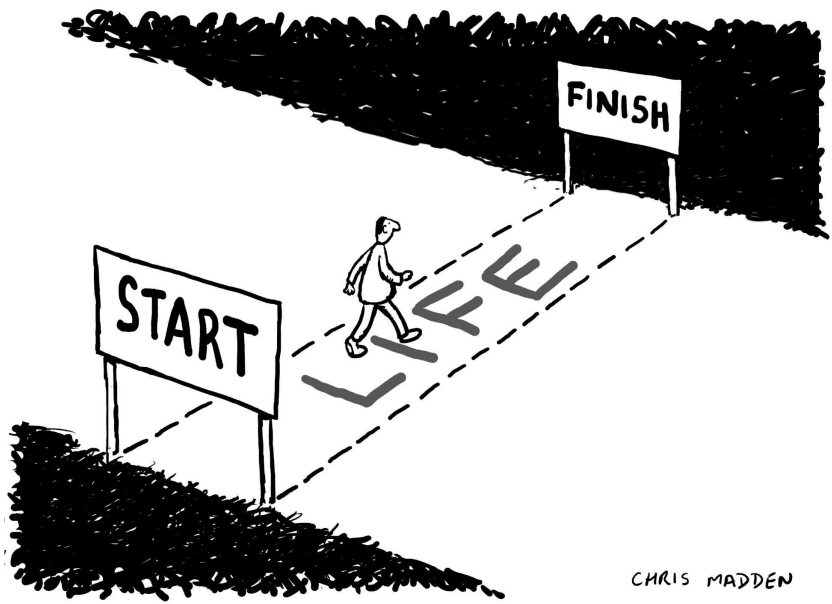




The 21 Day Challenge

6 Habits to enhance Intelligence,
Creativity and Focus

LARA PATRIQUIN, MD



CHRIS MADDEN

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*Knowing life is short,
enjoy it day after
day, moment after
moment*

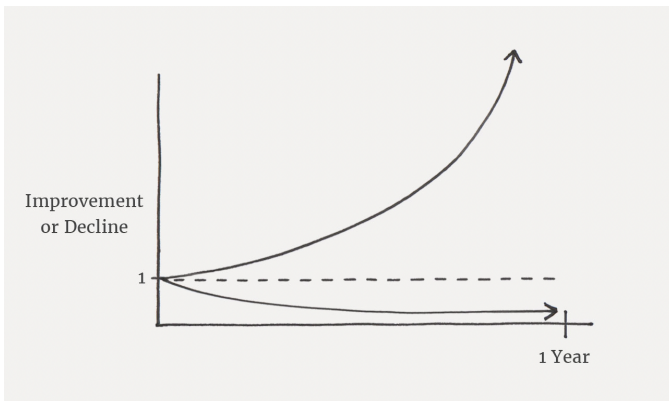
– Suzuki Roshi

The 21-Day Challenge

In a fast-paced and demanding world, losing touch with our innate happiness and enthusiasm is easy. As entrepreneurs, we often find ourselves entangled in the complexities of running our businesses, leaving little room for genuine joy.

However, deep within us lies the key to unlocking boundless happiness and unleashing our creative potential.

Our minds serve as the operating systems of our lives, much like a computer. Just as computers require regular maintenance and upgrades, we, too, can benefit from intentional care for our internal systems.



$$1\% \text{ better every day } 1.01^{365} = 37.78$$

$$1\% \text{ worse every day } 0.99^{365} = 0.03$$

The 21-day challenge demonstrates that dedicating a few moments each day to prepare our minds can yield significant rewards. Like compound interest accumulating in financial investment, nurturing our mental well-being generates exponential benefits over time.

Each practice of the challenge boosts our neurochemistry, causing a "hit" of beneficial hormones that shift our mindset from self-absorption to generosity, scarcity to abundance, and fear to love. Over time, they hardwire positive neural pathways, creating a healthier brain.

Unlike the unpredictable nature of the stock market, the advantages of tending to our mental health are reliable and quickly noticeable. Even a small daily effort to nurture our minds adds up rapidly, bringing us closer to a wiser, happier, and more meaningful life.

No matter our age, we can always start investing in our well-being, just like Warren Buffet continues to invest in the market at age 91.

I would love to stay connected through your journey. Reach out for a complimentary session at any time.

Lara Patriquin, MD



Please use this barcode to access the 21-Day Challenge Instructions. Reach out any time!
larapatriquin@gmail.com or (505) 269-4097

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Our True Nature is Happiness

Discovering Our Inherent Happiness



These images make us think about our journey in life. On the left side, there's an adorable son who brings so much happiness to his parents and everyone around him. He effortlessly charms everyone and fills us with immediate joy. On the right side, in the movie "Anger Management," Jack Nicholson plays a therapist, Dr. Buddy Rydell, who uses unique and powerful methods to help Adam Sandler's character, Dave Buznik, overcome his intense anger.

This movie gives us important ideas about how we change from carefree and happy children to grown-ups who struggle with strong emotions. The film shows what most spiritual leaders and psychologists believe: that our real nature is happiness and vitality, just like we were as kids.

Dr. Rydell's unique therapy helps Dave rediscover his true self – someone who is kind, spontaneous, adventurous and happy. The film leaves us optimistic that by understanding how our minds work and learning to manage challenging thoughts and emotions, like anger, sadness or anxiety, we

can become as happy as we were when we were kids. The movie is poignant because Buddy doesn't just show Dave how to behave, but invites him back to his true nature.



**"There is a river of joy flowing inside of you. Find it, go there, get in and drown."
 ' -Yogananda**

Spiritual masters across the ages and globe often refer to our innate childlike essence as the source of our happiness. Jesus taught that to enter the kingdom of heaven, we needed to be as a child.

(Matthew 18:1)

Yogananda puts it so lyrically: the place of your happiness is very much present within you. How does he know that? If we are now unhappy it is because we have a reference for the tremendous joy that we are capable of. We know our true nature. It is so beautiful we should drown in it!

Watching kids and how they deal with emotions can show us a lot about our true selves. Children live in the moment and don't have a lot of inner chatter. They express their feelings openly, bounce back quickly from setbacks, and enjoy every moment. Their thinking is more

action-oriented than wordy. They are not self-conscious and would never stop themselves from displaying enthusiasm and love. This makes them creative, spontaneous, and affectionate. They don't weigh themselves down with self-doubt, comparisons, or grudges. They simply live in the now, feeling safe and worthy of love.

Yes, they have tantrums and can get upset, but they don't dwell on it. They don't keep replaying their actions in their minds; they don't hold onto things. Once the storm is over, it's done.

As we grow up, our inner thoughts become louder. We get caught up in constant thinking, imagining future situations, and dwelling on past mistakes. This mental noise often makes us dissatisfied, worried, and anxious.

What causes us to lose our happiness?



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A skewed way of thinking about happiness is responsible for the shift from childlike joy to the conditional contentment of adulthood.

As kids, we understand that feeling happy is a natural part of our identity. It's as simple as gravity. We never question whether we deserve happiness, just like we never ask whether she should stand up on two legs instead of crawling.

As we learn more about the world, we start to think that happiness comes from good things happening to us. We believe we will be happy if we do well, get good grades, and don't upset the adults around us. Happiness stops being a part of us and becomes something we get as a reward for doing things right. It becomes something that outside forces control. We go from loving life no matter what to loving it only when we do things right, please others, and succeed.

And so, we start acting like an adult: connecting our happiness to reaching goals, getting praise, and meeting adult standards of success.

As our natural joy fades, we try even harder to make ourselves happy. We work extra hard, do more to make others happy, and seek validation from the outside. If that doesn't work, we might turn to things like food, drinks, or drugs to recreate that happy feeling.

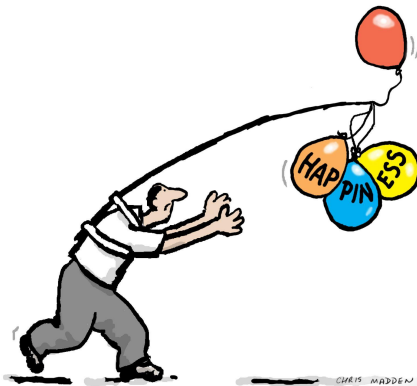
The corollary to this understanding is that if we don't connect happiness to achieving goals, we won't have the drive to accomplish things: stress might be unpleasant, but it shows we are productive. Happiness seems like we are not aiming high enough and not fully invested in succeeding. So, we would rather be unhappy and successful than happy and risk laziness. We think those are the choices.

The learned behavior of paying attention to and believing all our stressful thoughts is normalized: everyone is doing it. Unhappiness is the price we pay for participating in the

working world. This is why despite our tremendous prosperity, Americans rank very low in terms of happiness compared to other developed countries.

A kid walks around thinking, "Wow! Being alive is amazing!" The typical adult in the workforce is just trying to make it through the day.

The paradigm that happiness only comes as a reward for success traps successful people, such as CEOs and entrepreneurs, more than others. They're good at controlling things, achieving, and getting praise. It is easier for them to buy into happiness as a reward for success as they accomplish things more easily. However, over time, the achievements bring less and less joy. No one has ever found lasting happiness through a business deal, a relationship, a prize, or a goal.



In addition, the accumulated unhappiness of not getting everything we want adds up. We start to feel symptoms of burnout such as emotional exhaustion, detachment, loss of motivation, and reduced efficiency — all of which can have a ripple effect

throughout an entire workplace.

Because we weren't taught to separate our happiness from our success, the futile search for happiness begins. We think: I'll be satisfied when I get married, when I have kids, when my company makes a million, when I sell my company, when I get divorced, when my kids go to college, and so on.

Like Dave in the Anger Management movie, we stop laughing. The freshness, joy, and spontaneity of our youth fade. We become stuck in our beliefs, our love becomes conditional, and we become irritable and tired. We stop appreciating the chance to live on this planet and simply be alive. We need more than simple pleasures like splashing in a puddle, eating a juicy peach, or looking into someone's eyes to feel happy about life.

We forget that joy is already a part of us. We don't have to search for it; we just have to get rid of the things that obscure it.

合

I started to think about happiness differently when I went through burnout in my mid 30's. Throughout my 10+ years of medical training, I was convinced that once I got everything I wanted: a real job, financial security, marriage, kids, and a nice car, I would be happy. Buying into this success trap, I joined the thousands of other physicians who reported being much more joyful the day they started medical school than as practicing physicians. I found

myself constantly irritable, sleeping poorly, and using alcohol to take the edge off my misery.

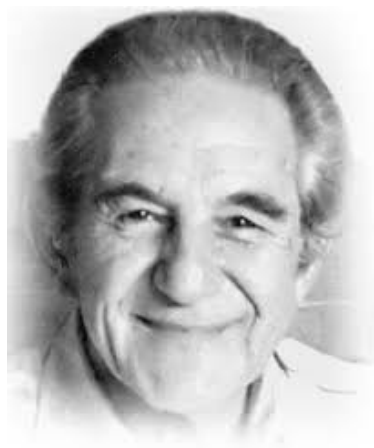
I had the choice to quit the stressful activities in my life or learn to tap into my “river of joy.” Though highly skeptical about the journey, I had no choice: I didn’t want to give up my career, kids, or financial freedom. I wanted it all!

Embracing my natural happiness through the insights and practices such as the 21-Day challenge has been life-changing. Far from making me less motivated, my joy has brought me opportunities and rewards I never would have encountered as an unhappy mom and doctor.



Imagine laughing 300 times a day instead of the average adult’s measly 17 times. Imagine having a constant flow of positive energy. Imagine feeling intense love for people, enthusiasm for projects, and creativity for solving problems. How could that help us achieve your personal and professional goals?

The Wisdom of Lester Levenson



Lester Levenson was a remarkable 20th-century spiritual teacher known for his profound insights into the human mind and the pursuit of happiness.

Born in 1909 in New Jersey, Lester's life journey took him on a path of scientific achievements, entrepreneurial success, and a deep

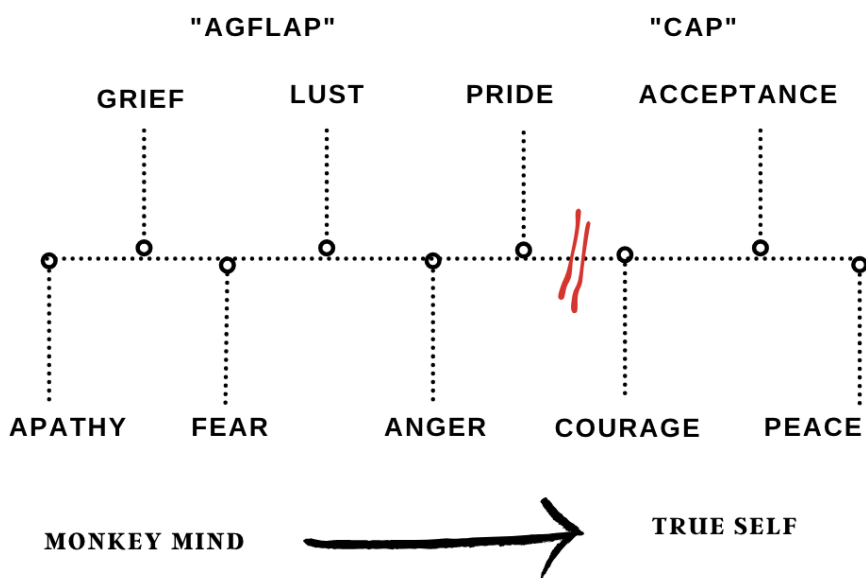
exploration of spirituality.

In his early years, Lester studied engineering and earned a degree from Rutgers University. He had a brilliant scientific mind and ventured into entrepreneurship, establishing multiple successful businesses. Despite his external achievements, Lester was chronically stressed and anxious, leading to severe health issues in his mid-forties. Faced with numerous stress-related terminal diagnoses from his physician, he embarked on a soul-searching quest to heal his mind and body.

Lester took full responsibility for his inner mental world and developed a reliable framework to heal his mind and achieve higher emotional states. His methodologies restored his health and brought him enduring happiness

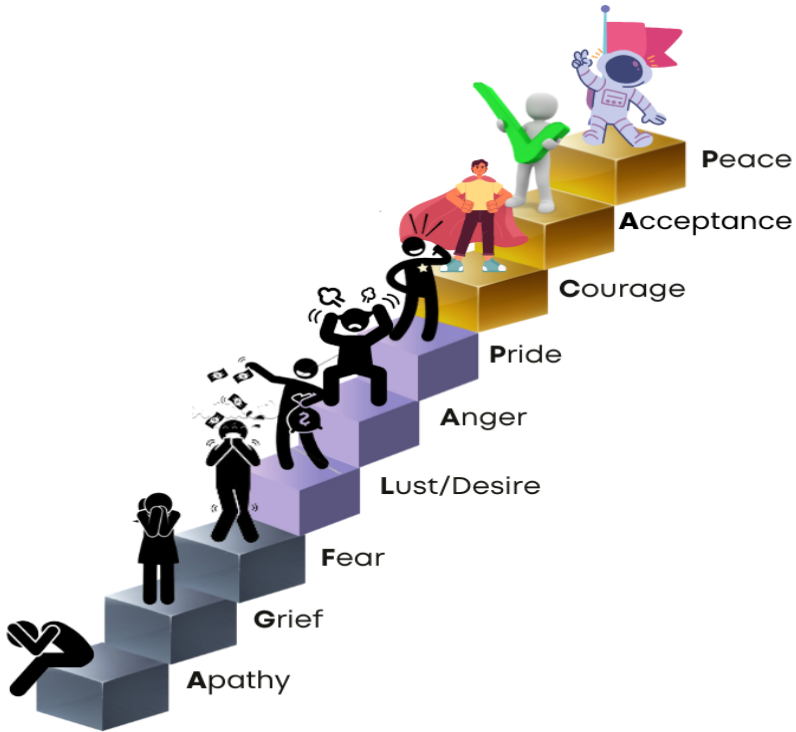
and success in business and relationships. He lived with beautiful imperturbability, unaffected by external events, and amassed significant wealth with little stress.

A pragmatic and scientific man, he identified and mapped out his negative emotions and contrasted them with higher emotional states he could achieve.



Lester's teachings involved awareness of our negative mind states, which he described as AGFLAP, understanding how they come about, and mastering how to let go of them.

AGFLAP and CAP Levels



AGFLAP

AGFLAP stands for the six primary negative emotions that plague the human mind: **A**pathy, **G**rief, **F**ear, **L**ust, **A**nger, and **P**ride. Far from being essential to a meaningful and successful life, these emotional states are tricks of the mind, programs we have taken on, which can be overcome with proper care and mental practice.

Apathy refers to disinterest, lack of enthusiasm, and hopelessness or indifference toward life. **Grief** is the deep sorrow and emotional pain experienced when we lose

something or someone significant to us. **Fear**, one of the most potent emotions, can be paralyzing and limits us from fully participating in life and pursuing our dreams.

In this context, **lust** (or desire) is an intense craving or desire for something or someone, often leading to attachment and dependency. **Anger** is intense irritation, resentment, and hostility towards others or situations. Lastly, **pride** denotes an excessive sense of self-importance and superiority over others.

Lester emphasized that these negative emotions are not our true nature but rather learned responses to life experiences and conditioning. He believed that the purpose of adult life is to "unlearn" these habits and thought patterns, returning to the higher energy states of **Courage**, **Acceptance**, and **Peace** (CAP) that reflect our innate nature.

CAP

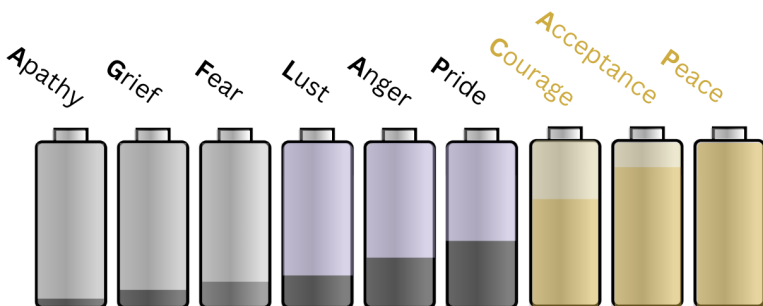
The CAP levels of the emotional spectrum come from our true nature. We love these energies because they feel true to us.

Courage is being brave and resilient in the face of challenges and uncertainties. It involves taking risks, stepping out of comfort zones, and confidently embracing change. Individuals can overcome fear and self-doubt with courage, allowing them to pursue their goals and aspirations with determination.

Acceptance is embracing life as it is, without resistance or judgment. It involves acknowledging and understanding our emotions and experiences without controlling or suppressing them. By accepting life's positive and negative aspects, individuals can find inner peace and contentment, even amidst difficulties.

Peace is the state of inner tranquility and serenity. The absence of mental chatter and agitation allows for a calm, focused mind. In a state of peace, individuals can experience clarity and heightened intuition, making it easier to make wise decisions and solve problems effectively.

Lester believed that the CAP states felt the best and were the most efficient way of achieving goals. Holding on to negative emotions takes energy that could be used to achieve one's goals and live a prosperous life. As we go up the mindset ladder, so does our efficacy in the world.



Available energy for action

To borrow a technology term, CAP is our factory settings, our original best place. Our system's bugs keep us stuck in the problematic mind states of AGFLAP. Those states are hard to bear and are much less effective in getting things done in the world than the CAP states.

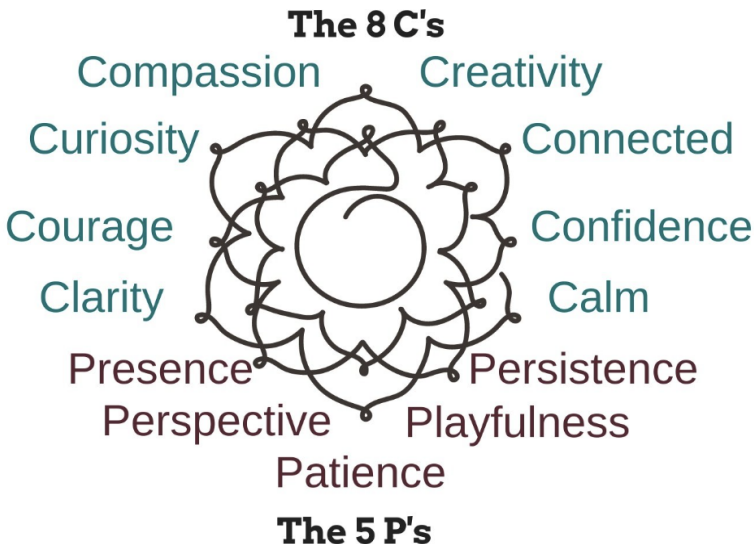
The purpose of adult life, according to Lester and other spiritual masters, is to "unlearn" the patterns that pull us into lower AGFLAP energies and return to our authentic nature, CAP.

Lester's teachings inspire and guide people in understanding and transforming their emotions to lead more fulfilled and joyful lives.

Recognizing True Self vs. Monkey Mind

One of the biggest obstacles to Lester's teachings is that we think that stress (AKA AGFLAP) is an inevitable cause and result of success. If we aren't stressed out, we aren't trying hard enough! The belief that if we are happy, we will lose our ambition is deeply seated in Western society.

While most people would happily rid themselves of apathy or grief, most believe fear, lust/desire, anger, and pride are essential to our success. These energetic levels contain the juice necessary for success. A helpful antidote to this thinking is to study who we are in the CAP states: what human qualities do we possess when we live out of our true nature?



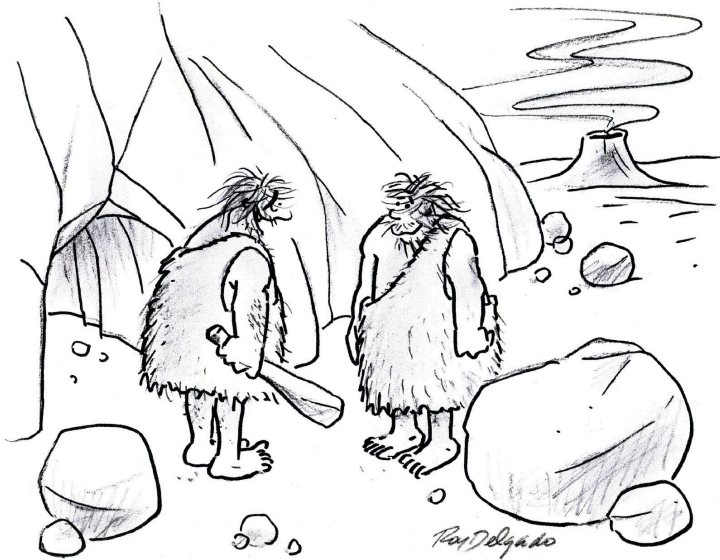
Psychologist Rick Shwartz has studied the true self and analyzed people who live in the CAP states his entire career. He identified the qualities of leaders who lead themselves and others from a place of CAP, which he categorizes as the "8 C" and "5 P" qualities of Self. When we are firmly rooted in our true selves, we are **c**alm, **c**urious, **c**ompassionate, **c**onnected, **c**onfident, **c**lear, **c**reative, and **c**ourageous. We have **p**erspective, **p**atience, **p**ersistence, **p**resence, and **p**layfulness.

By embodying the 8 C's and 5 P's, we recognize that what makes us happiest is also good for our families and companies and that our innate joyful self is the most brilliant, efficient place of leadership and success.

Peace is boring; is that true?

Peace is not the dull absence of conflict but a dynamic and empowering state that invites us to embrace the beauty and potential of every moment: an exhilarating and transformative experience.

21-Day Practices open the door to a deeper understanding of reality and a profound sense of liberation, a vibrant and enthusiastic engagement with life, as we become more aligned with our authentic selves.



***" NOW THAT OUR BRAINS HAVE EVOLVED,
WE CAN HOLD GRUDGES ! "***

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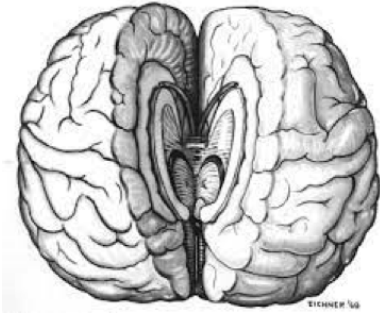
The neuroscience of the monkey mind

As it turns out, not only do the minds of AGFLAP and CAP (AKA Monkey Mind vs. True Self) feel very different, but they originate from different parts of the brain.

We are far from understanding the exact location and cause of every thought we have, but a general pattern is emerging of where certain kinds of ideas originate in our brains. This knowledge is richly nuanced by the science of right/left brain differences, which has taken on a new life since the "split-brain" studies of the 1970s.

The right and left halves of the brain see the world very differently.

The left brain has evolved to handle practical daily tasks efficiently. It excels at language processing, logical



reasoning, and analytical thinking. This part of our

brain is adept at

descriptions,

measurements, and

comparisons, making it

ideal for navigating

technical procedures,

managing finances, and

problem-solving. It enables

us to communicate, organize information, and complete tasks that require step-by-step processes.

The left brain utilizes language-based logical thinking to sort and convey information. It encourages us to concentrate on a limited portion of our surroundings, taking a highly rational approach. This mode of thinking is well-suited for tasks involving description, measurement, and comparison and is ideal for navigating technical procedures—completing tax forms, repairing appliances, or analyzing financial gains through spreadsheets. The left brain-based mind tackles “impersonal” responsibilities crucial for survival.

For the appropriate task, this practical mind is invaluable. You would not be reading this text without it. We couldn't

survive without it. We need to perform mundane and mechanical tasks to survive.

The right brain plays a crucial role in our cognitive and emotional functions. It's responsible for creativity, intuition, emotional processing, spatial awareness, holistic (big picture) thinking, artistic expression, and non-verbal communication. The right brain thinks more intuitively and holistically than the left brain's analytical and language-centered approach. It helps us understand emotions, recognize patterns, and grasp complex visual information. This side of the brain enables us to think "outside the box," fosters empathy, and supports creative problem-solving. The interplay between our left and right brains contributes to our overall cognitive versatility and emotional intelligence.

Happiness and success do not rely on using one side over the other but on integrating each function for the daily myriad of situations we humans find ourselves in.

We get into trouble when we try to use the left brain based mind for the one task it is genuinely terrible at: making sense of our lives.

In particular, we fall into AGFLAP when we use our left-brain-based logical reasoning to work with our feelings.

Instead of feeling our feelings and learning from them from an intuitive and embodied place, as children do, we repress our emotions and instead use our left brains'

logical reasoning, analytical thinking, language processing, and linear thought processes to figure things out.

Say that we are stuck behind a slow driver on the way to work and feel deep-seated irritation. Instead of just feeling it and letting it go, we go into the left brain-based mind to try to sort it out for us. Being mechanical and linear, it offers us a series of automatic thoughts: "That guy shouldn't be on the road," "I am always getting stuck

behind slow drivers,"

"People don't respect my schedule," "I will get in trouble" and so on and so on.



Examining these thoughts, we see they are unhelpful, mechanical, noisy, and annoying. They are similar to the ideas we had the last time we drove. They don't help us get to work on time

and don't solve any problems. And none of them are actually true. These thoughts rob us of our peace of mind, tank our moods, and make us show up to work irritably.

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Another way of thinking about the left brain are the many gadgets you own in your kitchen to help you cook and clean. You might own a food processor, a stove, a deep

fryer, and a dishwasher. Each machine delivers reliably and predictably what you want from it. These machines have made your life much easier, allowing you to do more exciting and pleasurable tasks. But would you ask your kitchen stove if you should marry the woman of your dreams? Would you ask your blender how to raise children? This seems ludicrous, but not far from how we misuse our left brain's functionality.

Or, you can compare the left brain based mind to Siri. Ask her to make a list of the top 10 flat screen TV's ranked by quality and price and she spits an accurate answer right out, helping you be efficient. She knows her limitations, however: ask her why you didn't get a promotion, or why your kid is acting up, and she will quickly invite you to look for answers on the web. She doesn't have the capacity for such advanced thinking and she knows it. She actually has more insight than our left brains that think they know it all!

Kids and other spiritually advanced beings chose to meet the moment of irritation with their True Selves, tempering the mechanical and rigid left-brain beliefs with their holistic right brains. They relax in the face of emotion, feel it, and let it pass. Later, they may pass the slow driver, but they do it calmly and clearly.

We are born with the ability to meet the moment holistically but start to lose it at around age 2.5 when our left brain story-telling machines kick into action. At that point, we value our "thinking mind" over intuition. So much so that we lose our capacity to meet our feelings; when a

strong feeling comes up, we think: I can't handle this, and we start madly thinking to escape our discomfort.

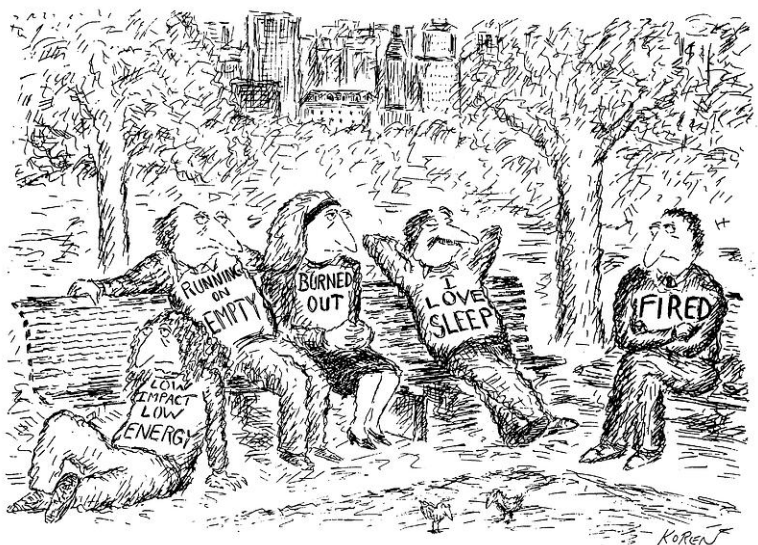
In fact, most of what we call "thinking" is simply our left brain trying to think its way out of distress.

This is no small problem: 90% of our "thoughts" are believed to be generated in this fashion. If you feel like you are often a victim of "thought attacks," it is because you are: these AGFLAP thoughts only serve to drive you crazy.

As if a busy mind full of stressful and unhelpful thoughts weren't punishment enough, there is another complication of processing our emotions this way. When we push away our feelings, we can't just turn off the faucet to one negative emotion: we shut them all down. We turn off the energetic flow that runs through us. This energetic flow, also called shakti, is our life force; it brings us the waves of beautiful emotion, love, beauty, the "river of joy" that makes life worth living. As we close off our shakti by repressing our emotions, we lose touch with our inner life force. We feel numb and irritable and go from laughing 300 times a day to 17. Welcome to adulthood!

The habit of using our left brain to sort out our feelings is our fall from grace: the loss of our innocence and joy. We didn't do it as children but mastered it as adults.

On the other hand, CAP thinking, or our true self, makes use of our entire brain, including the intuitive qualities of the



right brain, which include creativity, the ability to think outside the box, holistic (big picture) processing, intuition, emotion and empathy, attunement with others, spacial awareness, artistic expression, and non-verbal communication. Right brain qualities give us a tremendous advantage in holistic problem solving that the linear, conceptual-based left brain thinking lacks.

These integrated thoughts are whispered to us from a better place, placed quietly in our awareness by our better nature. They don't nag, scold or bother us; they are gifts from a higher mind. They are less verbal, more action-oriented, and always welcome. These problem-solving, poetry-writing, generative and juicy thoughts save our companies and families. This is the integrated mind of CAP or the true self: the source of our genius.

As we train ourselves to meet life with our true selves, CAP or integrated brains, we regain that life force, and life starts to feel full again. It is the source of Peace beyond Understanding: an inner calm and tranquility that is difficult to comprehend or explain logically but felt at a profound level. We come home to the joy we recognize we lived as children with a full and juicy life force.

THE DIFFERENCE BETWEEN AGFLAP AND CAP THOUGHTS

	Monkey Mind (AGFLAP)	True Self (CAP)
Frequency of Thoughts	90%	10%
Focus	Survival and psychological Self Defense, Self Focussed	Thriving and Creating, Helping, Generosity
Brain Anatomy	Left Brain/Primitive Brain	Right Brain, Empathy Circuits, prefrontal cortex
Process of Thought Creation	Constricted, Mechanical, Reactive, Old Patterns	Creative, Embodied, "Whole Brain" Intelligence
Emotions	Anger, shame, regret, blame, pride	Courage, curiosity, joy, compassion, connection
At best	Efficient high functioning bureaucracy	Unlimited Joy

Acceptance



Acceptance is one of the most misunderstood among the array of AGFLAP-CAP emotions. The term often triggers resistance in those driven to make an impact. There's a misconception that embracing acceptance implies surrendering effectiveness, tolerating circumstances, and compromising standards. Many assume it equates to endorsing upsetting situations or individuals. This innocent misinterpretation

hinders our trust in CAP and its potential to cultivate a joyful life.

For me, acceptance translates to wholeheartedly embracing any emotion that surfaces. I refrain from battling the reality of these feelings by dissecting them, assigning blame, or getting lost in conceptual analysis. Instead, I extend a welcome, allowing emotions to run their course, confident that my inherent wisdom will guide their transformation. When feelings arise, I neither suppress nor indulge in them; I simply allow them to exist.

Lester Levenson likened emotions to uninvited guests: let them enter, but don't lay out a banquet; they will leave when ready.



"If you bring joy and enthusiasm to everything you do, people will think you're crazy."

Children and spiritually attuned individuals grasp this truth, remaining anchored in the present. Unfortunately, as we age, we often lose this innate ability. We absorb from figures like parents, educators, clergy, and mentors that specific emotions

are unacceptable, even shameful. Anger might be deemed unsuitable for women, while vulnerability and sensitivity may be discouraged for men. And certainly, joy and enthusiasm are not valued, "curb your enthusiasm" is the directive for most educated individuals.

Neuroanatomist Jill Bolte Taylor's research underscores our ancient evolution as feeling beings, with language-based thought emerging more recently.

Emotions, she illustrates, are fleeting neurochemical couriers lasting about 90 seconds. Without resistance, they naturally fade. Yet, our resistance and overthinking can

extend their tenure. If an emotion persists beyond 90 seconds, it signifies our resistance, opting to outthink rather than purely experience it.

*"We are feeling beings that
sometimes think, not thinking beings
that sometimes feel."*

- Jill Bolte-Taylor

This clarifies why acceptance is revered as a spiritual virtue. Our present aversion to emotions results in minimal distress tolerance, compelling us to evade discomfort at any expense. Most of the thoughts we generate result from our fights with reality. How often do we think: "This shouldn't be happening," or "I should have done better," or "Why is he being like that?"

*Most of the thoughts we generate do
not reflect our genius: they are echoes
of our fight with reality.*

The 21-day challenge practices hold acceptance as a cornerstone of their benefit. Far from being a lazy way of hiding from life, they pull us head-on into the stream of living an engaged and passionate existence.

Harnessing the Power of the Morning

"Seize the day, no matter what it holds, before it takes hold of you."

—Lloyd Alexander

Think back to when you first learned to ride a bicycle. Every action was deliberate: "Okay, shifting gears now; time to apply the brakes; I need to make a turn." With time and practice, the process became seamless, almost automatic. You could ride while conversing with friends, planning your day, or even drifting into daydreams. The mechanics of riding a bike were relegated to the background, only requiring your focused attention if an unexpected challenge arose—a pothole in the road or a sudden flat tire.

This transition from conscious effort to subconscious competence is a fascinating journey that mirrors how our minds operate. It's a process that highlights the remarkable capabilities of the subconscious mind and its role in shaping our thoughts, actions, and overall experiences.

As we refine our skills and become adept at various tasks, we gradually transition from conscious efforts to automated processes managed by the subconscious mind. This subconscious mind acts as a silent library, housing many learning programs and responses that can be accessed almost effortlessly. From the simple act of tying your shoelaces to more complex tasks like driving a

car or cooking a meal, the subconscious mind handles these activities, freeing our conscious awareness for more complex and creative thinking.

The concept of the subconscious mind goes beyond just managing routine tasks; it also plays a significant role in shaping our emotional experiences and belief systems. From the moment we enter this world, the subconscious mind begins to absorb information from our surroundings. It observes how people interact, how language is used, and what behaviors are rewarded or discouraged. This ongoing process of observation and learning allows the subconscious mind to develop its own set of "programs" that influence our thoughts, emotions, and behaviors.

Imagine the subconscious mind as an architect of our thoughts, feelings, and actions. It quietly constructs the

foundation upon which our conscious experiences are built. However, this construction is not a straightforward blueprint but a complex tapestry woven from the threads of our



life experiences, emotions, and perceptions.

Our emotions, those powerful currents that flow through our lives, play a crucial role in this construction process. Each moment of joy, fear, love, or sadness leaves its mark on the subconscious mind, much like vivid ink that colors the pages of a book. These emotional imprints become the lens through which we view the world, influencing our reactions and decisions in ways we may not even realize.

The subconscious mind becomes a storehouse of memories, beliefs, and habits as time passes. Each experience and emotion is like a thread weaving the intricate tapestry of our personality and identity. Just as a tapestry is a work in progress, our subconscious mind continues to absorb new threads from our ongoing experiences, shaping and molding our inner landscape.

While the subconscious mind is a powerful ally that aids us in navigating the complexities of life, it is not without its challenges. The experiences and emotions stored within the subconscious mind are not always positive or helpful. Much of what is stored can be limiting or even painful. This is because the subconscious mind is susceptible to negative experiences and tends to hold onto them more tightly than positive ones.

Consider how memories of criticism or rejection from childhood can linger, affecting our self-esteem and behavior well into adulthood. Similarly, societal beliefs and cultural norms can become deeply ingrained in the

subconscious mind, shaping our worldview and influencing our choices without conscious awareness.

Deep-seated beliefs and emotional imprints can sometimes lead to a disconnect between our conscious goals and our subconscious responses. This incongruity can manifest as self-sabotaging behaviors, limiting beliefs, and a sense of being held back despite our conscious efforts to move forward.

The key to bridging this gap lies in understanding the unique characteristics of the alpha brain state—a state of consciousness that holds the key to effective communication with the subconscious mind.

Human Brainwaves

Gamma 35+ Hz		Heightened Awareness
Beta 13 - 35 Hz		Problem-Solving
Alpha 8 - 13 Hz		Relaxed Reflection
Theta 4 - 8 Hz		Meditation & Creativity
Delta 0.5 - 4 Hz		Deep Sleep

The alpha brain state is characterized by a specific range of brainwave frequencies, typically oscillating at 8 to 12 Hertz. It is a state of relaxed alertness, often associated with the moments just before falling asleep or waking up in the morning. During this state, the mind is naturally receptive to suggestions and instructions, making it an ideal window for shaping our subconscious programming.

Engaging in intentional practices during the alpha brain state can profoundly impact our subconscious mind. Journaling, meditation, and visualization can be particularly effective during this time, as they allow us to consciously direct our thoughts and intentions, imprinting them onto the subconscious.

When the brain naturally enters the alpha state upon waking, mornings present a unique opportunity to set the tone for the day ahead. These practices during this time can embed positive directions into our subconscious, aligning it with our goals and aspirations.

Furthermore, the alpha brain state remarkably balances alertness and relaxation. This equilibrium enhances cognitive functions, enabling us to approach tasks with heightened focus, creativity, and adaptability. When our minds are free from clutter and distractions, we create space for innovative thinking and problem-solving, positioning ourselves to tackle the day's challenges with clarity and resilience.

Think of the subconscious mind like a factory floor. Imagine a big company where most of the work happens

on an assembly line. The workers on the assembly line make the products, and we only hear from them if something goes wrong. Managers oversee the production to make sure the products are of good quality. If there's a problem, managers talk to the foremen who oversee the workers. An intelligent manager meets with the foremen daily, usually in the morning, to ensure everything runs smoothly.



"I've been doing this for ten years and I still don't know what we're making."

CartoonStock.com

In the same way, our subconscious minds make around 90% of our decisions—about 35,000 a day. Our subconscious mind is even more powerful than our conscious mind, which only contributes about 10% to our experiences.

Sometimes, what we consciously want and what our subconscious decides don't match up. We might decide to eat healthy but then eat a lot of junk food later. Or we might plan to do something essential but get distracted by our "monkey mind," which worries too much. Our subconscious mind's idea of who we are and what we can do differs from what we consciously think. It needs updates to match our evolving goals and visions.

But unlike visiting a factory floor, we can only access the subconscious mind when the brain is in an "alpha state," which happens soon after waking up. The subconscious mind is open to instruction when the brain is alert yet relaxed.

Connecting with our subconscious mind early in the morning is essential. What we tell ourselves at the beginning of the day sticks with our subconscious. It's like programming a computer to respond to our wishes. If we start the day by checking emails or making to-do lists, our subconscious thinks we're interested in tedious middle management-type tasks. If we read the news, our subconscious might feel afraid and defeated all day.

Being intentional in the morning, like writing in a journal or meditating, is helpful. It helps us become more aware and mature. We can change negative beliefs, let go of bad feelings, and create new ways of thinking and behaving that match our true desires. It's like telling our subconscious we want to be positive all day.

The alpha state isn't just crucial for personal growth—it's used in different fields, even the military. Soldiers learn to stay calm and focused in challenging situations. Some schools start the day with mindfulness to help students learn better.

In a world full of distractions and busy lives, the alpha brain state is like a peaceful place where we can think clearly. But we can waste this opportunity if we let technology, tedious tasks, or negative thinking take over.

The practices in the 21-Day Challenge help us grow and tell us that we have control over our subconscious mind. We can shape our experiences and outcomes.

As we start this transformative journey, remember that the morning is the key to unlocking our subconscious mind. It's a time of potential and opportunity, where we connect with our inner selves and set the tone for a day that aligns with our goals.

Why it is hard to change

The conscious mind tries to use willpower to control behaviors, habits and beliefs but loses out to the sub conscious minds greater influence.



Conscious mind 10%

- Critical thinking
- Logical thinking
- Short Term Memory
- Will Power

Sub Conscious mind 90%

- Beliefs
- Creativity
- Developmental Stages
- Emotions and Feelings
- Habits and Addictions
- Imagination
- Intuition
- Long Term Memory
- Protective Reactions
- Values
- "Mindtrash"

How to Change

Correct subconscious mind mistaken beliefs, painful emotions, memories, habits, and addictions (aka **mind trash**) through the 21-day challenge or other 8-12 Hz practices.

Once corrected, action becomes effortless.

Don't I need my inner critic?



During my seminars, a frequently asked question revolves around the necessity of the inner critic. People often fear that without it, they'd be taken advantage of, and their businesses would suffer.

In fact, the greatest resistance to the 21-day challenge primarily stems from the belief that it might dull our competitive edge, that by being free, we would lose the inner critic who

keeps us on our toes and ultimately be successful.

This concern became evident in a conversation with a client, Bill, who ran a successful construction firm. Although content with his accomplishments, he was burdened by stress.

Bill candidly shared, "The constant negativity drains me. I'm perpetually critiquing my employees and myself. The inner critic orchestrates stories of inadequacy: why haven't I found a girlfriend? Why can't I lose weight? Why was last

year's growth sluggish? It's so relentless that I lose sleep, resorting to TV and drinking to escape."

I suggested, "Let's address this narrative to find respite and restore your sleep."

Bill countered, "Negativity has its merits. It keeps me on track, prevents complacency, and fosters self-improvement. I'm genuinely striving to find a girlfriend and lose weight."

I prompted Bill to reflect on his critic's thought patterns. How old was his inner critic? How old did the critic think Bill was?

He recalled, "This feeling dates back to kindergarten. I loathed sitting indoors, yearning to play outside. I had to enforce discipline to navigate school and please my teachers and parents. Without the critic, I would get in trouble with my teachers and parents."

"So you're saying a 5-year-old inner critic still dictates your actions, convinced you're a school-hating child?"

Bill concurred, "Yes, but what's the alternative? Should I abandon everything? Lose my high standards?"

"If you could choose any coach in the world to guide you to losing weight and finding love in your life, who would that be? "

Bill smiled, recollecting, " My senior-year English teacher saw my potential. He made me passionate about the writing life while pushing me to put the work in. I wasn't into school, and then I almost failed out. It was the only A I got that year. In more recent years, my gym trainer has me exercising at a level I haven't in years. She knows exactly what to say and doesn't back down. She even checks in on how I am eating every day! I keep going back because she is also so fun to be around. Since working with her, I have lost 15 pounds and feel great."

I challenged him, "Could you replace the inner critic with a more mature, inspiring coach like your English teacher or trainer?"

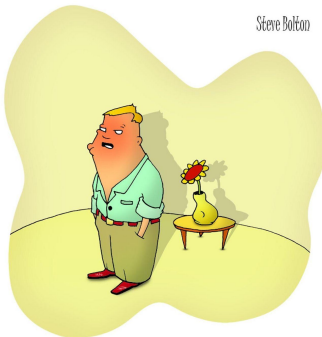
Bill contemplated, "That might work better than the erratic 5-year-old ruining my days."

Ultimately, Bill grasped the core benefit of the practices: reshaping his inner critic into an empowering coach, leading to heightened success with diminished negativity.

Don't get too comfortable.

"To progress to the next level, you need to learn how to embrace discomfort, as highlighted by Tony Robbins.

By definition, Vistage/TEC members have achieved more than 99% of the population. Dealing with the challenges of business travel, tough negotiations, and high-stakes sales pitches is well within your capabilities.



I'M JUST GOING TO GO & SLIP
INTO SOMETHING MORE
COMFORTABLE, LIKE DENIAL.

CartoonStock.com

For many of us, reaching the next level means more than just focusing on business growth; it means seeking fulfillment and happiness.

At a certain stage of life, we might realize that despite our achievements, we're not as happy as expected. This could manifest as chronic stress leading to physical ailments.

Key relationships might feel

strained, and we might notice decreased enjoyment. We want to experience more laughter and a greater sense of ease.

Just as climbing the corporate ladder requires maintaining composure during uncomfortable times, personal growth involves confronting personal discomfort:

stepping into new situations that feel vulnerable and intimidating. This discomfort can be unfamiliar to successful businesspeople with a type A personality. It might be challenging to have genuine and open conversations, show authenticity, and express kindness and compassion when we're used to being assertive and dominant. Even practices like early morning exercise, breathing exercises, journaling, expressing gratitude, and sitting quietly without distractions might feel unusual.

As we enhance our ability to handle emotional distress, new possibilities emerge. Our minds are no longer confined by the fear of becoming 'uncomfortable,' allowing us to be who we truly want to be. We become more adept at sharing our vision, love, and energy. Our leadership is fueled by deep inspiration rather than being governed by our most profound fears.

Embracing the discomfort of personal development guides us toward our genuine selves. So, just as you might push yourself to run an extra mile or do extra repetitions in the gym, approach these exercises with dedication. Your reward will be happiness, connection, and creativity.

Practice: Wim Hof Breathing

*With work and life, your true depth
can become an alien thing to you.
Your gut feelings, your instincts
become buried.*

Wim Hof

The Wim Hof breathing method, popularized by the "Iceman" Wim Hof, is a powerful technique that can lead to a more calm, creative, and compassionate mind. This method involves deep rhythmic breathing, followed by a period of breath retention and exhalation. It has gained attention for its numerous benefits on the body and the mind.

One of the key advantages of the Wim Hof breathing technique is its ability to activate the parasympathetic nervous system, which is responsible for the "rest and digest" response. As a result, practitioners experience a profound sense of calmness and relaxation, reducing stress and anxiety. By regularly engaging in this breathing practice, individuals can access a state of inner peace and emotional balance, fostering a more compassionate approach towards themselves and others.

Furthermore, the increased oxygen intake during the deep breathing exercises enhances brain function and creativity. This influx of oxygen optimizes cognitive abilities, sharpening focus and expanding the capacity for innovative thinking. As a result, individuals often report

enhanced problem-solving skills and heightened creativity, allowing for more profound insights and ideas to emerge.

By incorporating Wim Hof breathing into their daily routines, individuals can tap into the power of their breath to cultivate a more calm, creative, and compassionate mind. This practice improves mental clarity and emotional well-being and empowers individuals to approach challenges with greater resilience and empathy, enriching their personal and professional lives.

Practice: 5 slow exhales

The practice of 5 long exhales offers valuable assistance to entrepreneurs in navigating their emotions amidst challenges, reshaping their emotional well-being.

Engaging in deliberate, unhurried exhales acts as a reset mechanism during stress, fostering a sense of calm. This practice also cultivates mindfulness, deepening awareness of thoughts and emotions and enabling conscious responses to situations. By disrupting negative emotional cycles, entrepreneurs gain renewed clarity.

Stress management benefits from integrating 5 long exhales, providing a reliable strategy akin to a mini-retreat for composure restoration. This technique profoundly influences emotion regulation by activating the parasympathetic nervous system, empowering balanced responses to challenges. It enhances decision-making through mental clarity and encourages self-awareness by attuning to bodily reactions and triggers.

Seamlessly integrating this practice equips entrepreneurs with a versatile emotional management tool that's accessible anytime. By incorporating it, they build a resilient foundation for success in the dynamic business world.

Tips on using the 5-exhale technique:

When arriving home in your car: breathing helps sweep away the tensions associated with work, clearing the way for presence at home.

Before an important meeting: regulate your nervous system and show up calm.

As a group before a meeting: guaranteed to improve results as you enter a similar mindset.

Practice: Meditation

Meditation is like a mental workout that helps us become better at paying attention and understanding our thoughts and feelings. Imagine your mind is a busy road with thoughts and distractions zooming by. Meditation teaches us how to stop and watch this traffic without getting caught up in it.

Firstly, meditation improves our attention skills. Think of your attention like a flashlight. In our everyday lives, this flashlight often jumps around, focusing on one thing for a second and then another thing the next moment. But in meditation, we practice aiming this flashlight steadily on one thing, like our breath or a calming word. This helps us strengthen our "attention muscles" so we can stay focused on what's important in school, work, or anything we do.

Secondly, meditation helps us develop what's called a "witness consciousness." Imagine you're watching a movie of your thoughts and emotions. Instead of being in the movie and feeling all the ups and downs, you're sitting in the theater, just observing. This is like having a superpower – it lets you see your thoughts without being carried away by them. This awareness helps us make better choices and respond calmly to situations, like a superhero facing challenges with a clear mind.

Meditation isn't about stopping thoughts; it's about creating a space between you and your thoughts. When you watch your breath or body sensations during meditation, you're practicing this space. With time, you'll

notice you're not as bothered by small things, and you can handle big things with more ease.

In conclusion, meditation is like a gym for our mind. It helps us become champs at paying attention and gives us a secret power to watch our thoughts without getting lost in them. Just like practicing soccer makes you a better player, practicing meditation makes you a better thinker and a calmer, more focused you.

Practice: Random Acts of Kindness

Random acts of kindness profoundly impact both the giver and recipient, fostering clarity, happiness, and creativity. Engaging in kind deeds, like helping a stranger or volunteering, triggers a surge of positive emotions—joy, gratitude, and compassion—enhancing overall well-being and cultivating a positive outlook.

These acts release "feel-good" brain chemicals like dopamine and endorphins, reducing stress, boosting mood, and deepening social connection. Regular kindness practice decreases anxiety and depression, leading to a clearer, tranquil mindset.

Moreover, kindness stimulates creativity by pushing us beyond familiar thinking patterns, and encouraging innovative problem-solving. Embracing kindness as a habit nurtures an open-minded approach vital for personal growth and creativity.

However, the act should push one's comfort zone for maximum impact, prompting a meaningful shift. Routine gestures like opening doors, while kind, lack the same potency. The greater the challenge, the stronger the emotional reward. Smile, hug, and compliment sincerely, as the experience is transformative. Ultimately, kind acts infuse life with purpose and positive energy.

Ideas for RAK

Yielding in traffic

Unexpected tips

Letters/postcards to friends

Anonymous gifts

Notes of appreciation

Paying for people's food

Texting someone out of the blue

Volunteer at a food bank

Pick up trash wherever you go

Help young people enter the job market

More ideas at: <https://www.randomactsofkindness.org/>**Note of Appreciation Template**

Dear _____

I appreciate three things you have done for me:

1) _____, 2) _____, 3) _____

Three qualities I value in you:

1) _____, 2) _____, 3) _____

Sincerely,

Practice: Gratitude

The brain is like Teflon for positive experiences and Velcro for bad.

Dr. Rick Hanson



Gratitude is a potent force shaping happiness, creativity, and leadership. Practicing it cultivates a positive mindset, emphasizing life's abundance over what's lacking. This shift heightens contentment and joy in small pleasures,

enhancing resilience and overall well-being.

Gratitude fuels creativity by deepening connections and fostering innovative thinking. Acknowledging life's blessings strengthens ties to surroundings and individuals, unlocking creative solutions. Grateful minds embrace novel ideas, possess cognitive flexibility, and see opportunities where others find barriers.

In leadership, gratitude distinguishes exceptional leaders. Expressing thanks to team members fosters positivity, elevates morale, and strengthens cohesion. Grateful leaders inspire loyalty, empathy, and humility, nurturing collaboration and innovation. The 2003 Emmons and McCullough study demonstrated that daily gratitude journaling led to higher well-being, optimism, and physical health.

Embracing gratitude enriches personal and professional spheres, amplifying fulfillment, ingenuity, and influence. This positive outlook ripples through our interactions, fostering a more resilient, compassionate, and innovative world.

Practice: Numbing out/Media matters

In the era of smartphones and constant connectivity, an alarming paradox unfolds. While our phones promise to keep us connected and entertained, they also significantly erode our capacity for genuine happiness. The insidious impact of excessive phone use on our emotional well-being raises critical concerns about the delicate balance between technology and our pursuit of happiness.

One of the ways excessive phone use hampers our happiness is by fostering a culture of comparison and unrealistic expectations. Social media platforms showcase carefully curated glimpses into the lives of others, creating an environment where we're constantly measuring our own lives against a filtered and often embellished version of reality. This comparison fuels feelings of inadequacy and envy, undermining our ability to appreciate and find contentment in our own journey.

Moreover, the constant influx of information and notifications keeps us in a perpetual distraction. We're often pulled away from the present moment, whether it's a family dinner, a walk in nature, or even moments of solitude. This persistent distraction prevents us from fully immersing ourselves in the richness of life's experiences, ultimately depriving us of the happiness in the here and now.

The addictive nature of phone use also diminishes our capacity for happiness. The quick dopamine hits we get

from checking notifications or receiving likes on social media create a cycle of instant gratification that leaves us craving more. This addiction consumes precious time and prevents us from engaging in activities that genuinely bring us joy and fulfillment.

To reclaim our capacity for happiness in the digital age, it's essential to adopt a mindful and intentional approach to phone use:

Digital Detox: Regularly disconnect from your phone by engaging in designated "phone-free" periods.

Mindful Consumption: Practice conscious consumption of digital content. Be aware of certain information or social media interactions' emotional impact on your mood, and curate your online experiences accordingly.

Prioritize Real-Life Connections: Invest time in nurturing face-to-face relationships.

Engage in Joyful Activities: Identify activities that bring you genuine joy and fulfillment. Whether it's reading, painting, hiking, or spending time with pets, prioritize these activities over mindless scrolling.

Change Notifications: Ask yourself, "what is the best and worst thing that could happen if I eliminate notifications from my phone or smart watch."

NOTES



Dealing with Stress

When stressed, we often reach for things to numb us from difficult thoughts and feelings.

How do you numb yourself?

What would be a smarter way to reset and learn?

Here are my answers, please see the next page for yours

NUMB OUT

Surf the net

Sit and worry

Eat junk food

*Talk to negative people
procrastinate*

Gossip

Shop

lie down/sit too much

indulge my thoughts

read the news to

confirm my negativity

RESET

Go to gym

Listen to music

*Write a letter of
appreciation*

Take a walk

Drink water

*Make a lasagna for
charity*

Go for a run

Play the piano

Call a friend

Dealing with Stress

When stressed, we often reach for things to numb us
from difficult thoughts and feelings.

How do you numb yourself?

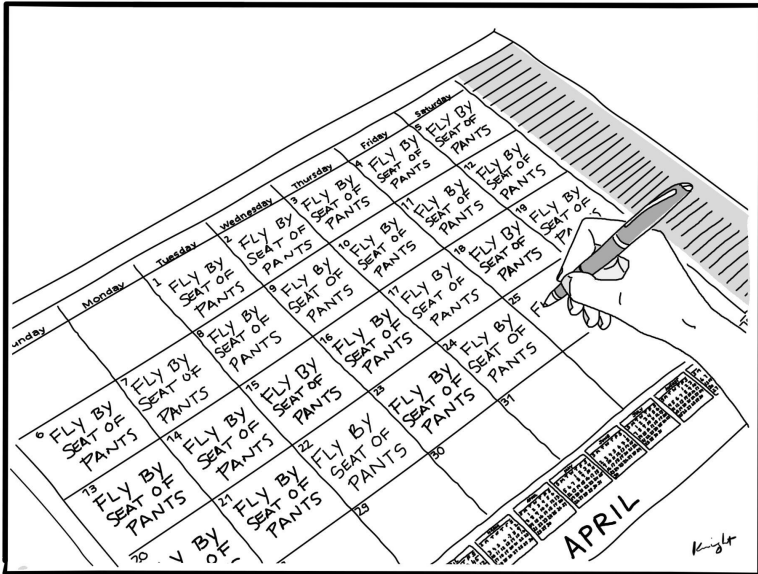
What would be a smarter way to reset and learn?

NUMB OUT

RESET

Journaling

Self-reflection fosters growth, goal achievement, and well-being.



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Journaling is a powerful tool that can foster a healthy mind by promoting gratitude, assisting in achieving goals, and identifying limiting beliefs. Incorporating regular journaling into our daily routine opens a gateway to self-discovery and personal growth.

Firstly, journaling cultivates gratitude by prompting us to reflect on the positive aspects of our lives. When we write about the things we are grateful for, we shift our focus away from negative thoughts and emotions, and instead, we embrace a more positive outlook. This gratitude practice strengthens our mental resilience and helps us cope with challenges more effectively.

Secondly, journaling becomes a roadmap for achieving goals. By setting clear intentions and recording progress, we stay accountable to ourselves. Writing down our aspirations and outlining their goals reinforces our commitment to success.

Additionally, journaling enables us to celebrate our achievements, boosting our motivation and sense of accomplishment.

Furthermore, journaling mirrors our subconscious, helping us identify limiting beliefs that may hold us back. As we write about our fears, doubts, and insecurities, we gain insight into the thought patterns that hinder our growth. Once we recognize these limiting beliefs, we can challenge and replace them with empowering and affirming thoughts, facilitating personal transformation.

Advanced Practice: Lester Levenson's Releasing technique

Lester Levenson developed a releasing technique that uses self-inquiry to transmute difficult thoughts and emotions. This method, which later became known as the Sedona Method, was what he used to free himself of his heavy AGFLAP emotions, and ultimately bring his mind and body to optimal health.

In my experience, once I gained a little expertise, this practice brought my mind to another level entirely and allowed me to reside closer to the CAP level of being I so enjoy.

The technique is designed to help you release and let go of negative emotions, limiting beliefs, and unwanted thoughts. It's a simple yet powerful process involving a series of questions and steps to guide you through releasing.

Unlike the other practices, this one takes more time and instruction to master. It wasn't until I had some training that I started being able to do this for myself.

Here's a basic guide on how to do the releasing technique of the Sedona Method:

Choose an Emotion or Thought: Start by selecting an emotion, thought, or belief you would like to release. It could be something that is causing you stress, anxiety, or any other negative feeling.

Feel the Emotion: Allow yourself to fully feel the emotion. Don't resist or suppress it. Acknowledge its presence within you.

Ask the Release Questions: There are three key questions you can ask yourself for each emotion or thought:

Could you let it go? Ask yourself if you are willing to let go of this emotion or thought. The answer can be a simple "yes" or "no."

Would you let it go? Ask yourself if you would be willing to let go of the emotion or thought. This question is about willingness.

When? Ask yourself when you are ready to let go. This question helps you pinpoint whether you're ready to let go now or at a later time.

Use Breath and Visualization: As you ask these questions, take a few deep breaths. With each exhale, imagine the emotion or thought leaving your body and dissipating.

Release and Let Go: After going through the questions and taking breaths, make the conscious decision to release the emotion or thought. You can say something like, "I release this feeling/thought/belief now."

Notice the Shift: Pay attention to how you feel after the release. Many people report feeling lighter, calmer, and more at ease.

Repeat as Needed: You can repeat this process for different emotions or thoughts you want to release. It's also something you can practice regularly to enhance your ability to let go of negativity.

Remember that the key to the Sedona Method is to be honest with yourself and to allow the process to work naturally. It's not about forcing yourself to let go but rather about cultivating a sense of willingness and surrender to the release.

The Sedona Method can be a valuable tool for managing emotions, reducing stress, and achieving greater emotional well-being. As with any self-help technique, consistent practice can lead to more effective results over time.

NOTES

NOTES

Cultivating New Habits: A Contract

Step 1 : Set your challenge goals.

In 21 days, I want:

☐ A better connection with:

☐ Better Health (body, mind, spirit):

☐ Professional goals:

Step 2 Commit to a few practices:

☐ Morning and evening journaling

☐ Media and numbing out habits

☐ Breathing (Wim Hof, five long exhales)

☐ Random acts of kindness

☐ Meditation

☐ Other practices, such as jogging or yoga:

Diet/Lifestyle, such as limiting alcohol or sugar

Step 3: Share three grateful items/day with your partner (agree on a modality text, email, or IM)

Morning Reflections

Day 1

WHAT AM I GRATEFUL FOR?

HOW DO I WANT TO FEEL? WHAT CAN I DO TO FEEL THAT WAY?

WHAT PROJECTS CAN I WORK ON THAT WILL MAKE ME FEEL ACCOMPLISHED?

WHAT ARE TODAY'S GOALS?

WHAT HEADSTRASH COMES UP AS I THINK ABOUT THEM?

WHICH OF MY RELATIONSHIPS NEEDS MY ATTENTION?

HOW CAN I BE OF SERVICE TO OTHERS?

WHAT DISTRACTIONS OR TIME-WASTING ACTIVITIES CAN I AVOID?

WHAT ACTIVITIES WILL GIVE ME ENERGY AND A SMILE ON MY FACE?

Morning Reflections

Day 2

WHAT AM I GRATEFUL FOR?

HOW DO I WANT TO FEEL? WHAT CAN I DO TO FEEL THAT WAY?

WHAT PROJECTS CAN I WORK ON THAT WILL MAKE ME FEEL ACCOMPLISHED?

WHAT ARE TODAY'S GOALS?

WHAT HEADSTRASH COMES UP AS I THINK ABOUT THEM?

WHICH OF MY RELATIONSHIPS NEEDS MY ATTENTION?

HOW CAN I BE OF SERVICE TO OTHERS?

WHAT DISTRACTIONS OR TIME-WASTING ACTIVITIES CAN I AVOID?

WHAT ACTIVITIES WILL GIVE ME ENERGY AND A SMILE ON MY FACE?

Evening Reflections

3 THINGS THAT WENT WELL

WHAT DID I RECEIVE TODAY?

IS THIS MORNING'S HEADTRASH TRUE?

I WAS AT MY BEST WHEN/I WAS MY WORST WHEN:

HOW CAN I MAKE TOMORROW EVEN BETTER?

NOTES

This image shows a full page of dot grid paper. The dots are arranged in a precise, repeating grid pattern across the entire surface. There are no margins, text, or other markings present.

Morning Reflections

Day 3

WHAT AM I GRATEFUL FOR?

HOW DO I WANT TO FEEL? WHAT CAN I DO TO FEEL THAT WAY?

WHAT PROJECTS CAN I WORK ON THAT WILL MAKE ME FEEL ACCOMPLISHED?

WHAT ARE TODAY'S GOALS?

WHAT HEADSTRASH COMES UP AS I THINK ABOUT THEM?

WHICH OF MY RELATIONSHIPS NEEDS MY ATTENTION?

HOW CAN I BE OF SERVICE TO OTHERS?

WHAT DISTRACTIONS OR TIME-WASTING ACTIVITIES CAN I AVOID?

WHAT ACTIVITIES WILL GIVE ME ENERGY AND A SMILE ON MY FACE?

Evening Reflections

3 THINGS THAT WENT WELL

WHAT DID I RECEIVE TODAY?

IS THIS MORNING'S HEADTRASH TRUE?

I WAS AT MY BEST WHEN/I WAS MY WORST WHEN:

HOW CAN I MAKE TOMORROW EVEN BETTER?

NOTES

[illegible]

Morning Reflections

Day 4

WHAT AM I GRATEFUL FOR?

HOW DO I WANT TO FEEL? WHAT CAN I DO TO FEEL THAT WAY?

WHAT PROJECTS CAN I WORK ON THAT WILL MAKE ME FEEL ACCOMPLISHED?

WHAT ARE TODAY'S GOALS?

WHAT HEADSTRASH COMES UP AS I THINK ABOUT THEM?

WHICH OF MY RELATIONSHIPS NEEDS MY ATTENTION?

HOW CAN I BE OF SERVICE TO OTHERS?

WHAT DISTRACTIONS OR TIME-WASTING ACTIVITIES CAN I AVOID?

WHAT ACTIVITIES WILL GIVE ME ENERGY AND A SMILE ON MY FACE?

Evening Reflections

3 THINGS THAT WENT WELL

WHAT DID I RECEIVE TODAY?

IS THIS MORNING'S HEADTRASH TRUE?

I WAS AT MY BEST WHEN/I WAS MY WORST WHEN:

HOW CAN I MAKE TOMORROW EVEN BETTER?

NOTES

[illegible]

Morning Reflections

Day 5

WHAT AM I GRATEFUL FOR?

HOW DO I WANT TO FEEL? WHAT CAN I DO TO FEEL THAT WAY?

WHAT PROJECTS CAN I WORK ON THAT WILL MAKE ME FEEL ACCOMPLISHED?

WHAT ARE TODAY'S GOALS?

WHAT HEADSTRASH COMES UP AS I THINK ABOUT THEM?

WHICH OF MY RELATIONSHIPS NEEDS MY ATTENTION?

HOW CAN I BE OF SERVICE TO OTHERS?

WHAT DISTRACTIONS OR TIME-WASTING ACTIVITIES CAN I AVOID?

WHAT ACTIVITIES WILL GIVE ME ENERGY AND A SMILE ON MY FACE?

Evening Reflections

3 THINGS THAT WENT WELL

WHAT DID I RECEIVE TODAY?

IS THIS MORNING'S HEADTRASH TRUE?

I WAS AT MY BEST WHEN/I WAS MY WORST WHEN:

HOW CAN I MAKE TOMORROW EVEN BETTER?

NOTES

Morning Reflections

WHAT AM I GRATEFUL FOR?

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Evening Reflections

3 THINGS THAT WENT WELL

WHAT DID I RECEIVE TODAY?

IS THIS MORNING'S HEADTRASH TRUE?

I WAS AT MY BEST WHEN/I WAS MY WORST WHEN:

HOW CAN I MAKE TOMORROW EVEN BETTER?

NOTES

[illegible]

Morning Reflections

WHAT AM I GRATEFUL FOR?

HOW DO I WANT TO FEEL? WHAT CAN I DO TO FEEL THAT WAY?

WHAT PROJECTS CAN I WORK ON THAT WILL MAKE ME FEEL ACCOMPLISHED?

WHAT ARE TODAY'S GOALS?

WHAT HEADSTRASH COMES UP AS I THINK ABOUT THEM?

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WHAT ACTIVITIES WILL GIVE ME ENERGY AND A SMILE ON MY FACE?

Evening Reflections

3 THINGS THAT WENT WELL

WHAT DID I RECEIVE TODAY?

IS THIS MORNING'S HEADTRASH TRUE?

=====

I WAS AT MY BEST WHEN/I WAS MY WORST WHEN:

HOW CAN I MAKE TOMORROW EVEN BETTER?

NOTES

Morning Reflections

Day 8

WHAT AM I GRATEFUL FOR?

HOW DO I WANT TO FEEL? WHAT CAN I DO TO FEEL THAT WAY?

WHAT PROJECTS CAN I WORK ON THAT WILL MAKE ME FEEL ACCOMPLISHED?

WHAT ARE TODAY'S GOALS?

WHAT HEADSTRASH COMES UP AS I THINK ABOUT THEM?

WHICH OF MY RELATIONSHIPS NEEDS MY ATTENTION?

HOW CAN I BE OF SERVICE TO OTHERS?

WHAT DISTRACTIONS OR TIME-WASTING ACTIVITIES CAN I AVOID?

WHAT ACTIVITIES WILL GIVE ME ENERGY AND A SMILE ON MY FACE?

Evening Reflections

3 THINGS THAT WENT WELL

WHAT DID I RECEIVE TODAY?

IS THIS MORNING'S HEADTRASH TRUE?

I WAS AT MY BEST WHEN/I WAS MY WORST WHEN:

HOW CAN I MAKE TOMORROW EVEN BETTER?

NOTES

[illegible]

Morning Reflections

Day 9

WHAT AM I GRATEFUL FOR?

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NOTES

[illegible]

Morning Reflections

Day 10

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Day 11

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Morning Reflections

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Morning Reflections

Day 13

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Morning Reflections

Day 14

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Morning Reflections

Day 15

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Morning Reflections

Day 16

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NOTES

[illegible]

Morning Reflections

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Day 18

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Morning Reflections

Day 20

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Morning Reflections

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NOTES



THINKING 2.0
EMOTIONAL INTELLIGENCE
AT WORK