

Stop Quitting on Yourself

Workbook

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Please check with a medical professional before starting any exercise program. The information in this book is not meant to take the place of professional advice.

Chapter 1: Behind the Struggle

Homeplay: Committed to My Success

This is your first Homeplay exercise. You may be wondering why it is called Homeplay rather than homework. Let me ask you this: What sounds more fun and exciting to do? Homeplay or homework? That's what I thought too!

Each Homeplay exercise throughout this book will outline the approximate amount of time it will take to complete, the purpose of the exercise, materials required, how to complete the exercise, and suggestions of what to do with the awareness and information afterwards.

Time: 5–15+ minutes

Purpose: The purpose of this exercise is to become aware of how confident you think you will be about your commitment to success. Notice it did not say how successful you *WILL* be, only how confident you *THINK* you will be. This is an important distinction to note. Remember, the body does what the mind tells it to. If you start out thinking you will not achieve your goals, chances are you will not do the actions required. Awareness is the first step to change!

Materials Required: Paper, Pen, Mirror

Exercise: Have a pen and paper ready to write down all the thoughts and feelings that come up after you do the exercise. They may be very slight or very intense, and may last for a few minutes or go away as quickly as they flash through your mind. It is essential for you to write the thoughts and feelings down and not just try to remember them. Don't judge or spend time analyzing your thoughts; just write down what comes up for you in the moment. Feel free to write jot notes and short form. There are no extra points for perfectly structured sentences; in fact, I encourage you not to write sentences.

Spend a few moments thinking about what it is that you want in your life and what it will take to realize your goal. Next, stand in front of a mirror. Look yourself in the eyes and pay attention to the feelings and thoughts that show up right after you say the following words *out loud*,

“I am committed to my success.”

What feeling do you get in your body? What thoughts automatically come up for you? The feelings or thoughts may be very quick, or may not go away for a few seconds, or even minutes. Repeat the line several times.

Take a few minutes now to organize what you wrote down. You can journal about your experience of the exercise, how you feel afterwards, and what you believe is your take away, lesson, or gift. How are you going to apply what you just learned in your life? What are you going to do with this new awareness?

Takeaway: Here are some possible reactions to the Homeplay exercise. If you have a little nausea, a sinking feeling in your stomach, and clenching in your chest, or if negative thoughts pop up, you most likely have some fear, or experience some resistance in your efforts to achieve your goals. This resistance can show up as self-sabotage in a variety of forms such as: getting sick or hurt; life getting busy all of a sudden, leaving 'no time' for you to work on your goals; extra, unexpected expenses come up; special occasions throwing you off routine; starting fights or drama in relationships; etc. Basically, any time you make an excuse, procrastinate, overbook yourself, or overthink things, you are self-sabotaging. You often sabotage yourself without even knowing it or recognizing it as that! Don't worry! In this book, you will discover how to become aware of, and recognize, these patterns, as well as what to do to shift out of them, and how to ensure they do not throw you off course.

Some of you may have felt expansiveness, and felt lighter as you spoke those words. This most likely suggests you have positive beliefs that will support you. You have confidence in your abilities and think or feel like you will be committed to your success. It is likely that you will find it easier to take the necessary actions to achieve your goals.

If, for some reason, you think you didn't feel or experience anything, I invite you to redo the exercise. See if doing it with your eyes closed to block out any distractions allows the feelings to be more noticeable. Some people are not used to listening to their bodies, making this observation less intense. This used to be my experience, but with the techniques I will be sharing in the upcoming chapters, you will no longer have this disconnect. Continue to keep practicing, saying this to yourself in the mirror over the next few days, and be open to receiving insights.

The experience you had in this exercise, and all the exercises in this book, was, and will be, perfect for you. The feedback of negative thoughts or feelings only means that you have some underlying beliefs that are working against what you are stating. You will be learning how to rewrite these unsupportive beliefs into positive empowering ones, throughout this book. Receiving feedback is fantastic! Feedback gives you awareness, and that is the first step to change!

Homeplay: Ink Diarrhea

Time: 5 minutes–15 minutes+

Purpose: To become aware of your thoughts and be able to translate those thoughts onto paper. It will also serve as a base point of where you are now, and will be interesting to revisit when you are finished the book. When we write, especially with pen and paper instead of typing, we tap into different parts of our brain. Journaling, creative writing, ink diarrhea, or whatever you choose to call it, has been proven to be an effective form of becoming aware of thoughts and emotions, as well as releasing them. What you think, directly affects your level of success. Obviously, it is essential to become aware of what is going on in that head of yours, so you know what thoughts are blocking your efforts. Listen to that little voice in your head, as it is guiding your decisions.

Materials Required: Paper and Pen.

Exercise: Journal what you are thinking about after reading thus far and how you are feeling. The key to this is for you to let go of proper sentence structure, grammar, proper indentation, and all the etiquettes of writing you were taught in school. Yes, as a former high school English teacher, I give you permission to not use capitals and punctuation. Let the pen flow without thinking about or analyzing what you are writing. Don't worry if nothing comes to you—just keep writing. If you put your pen on the paper and all that comes to your mind is crickets chirping, write that down. *"I hear crickets chirping and I have no idea what to write."* Then, don't stop. Keep writing whatever comes to mind, even if it doesn't make sense or seem applicable. The little voice inside of you is always talking; it is just a matter of listening to that voice and keeping the pen moving. The more you practice this, the quantity and quality of your writing will improve. The more in depth you will go, the more you will surprise yourself and the more clarity you will find.

Important Note: Don't read what you wrote until you are completely finished.

I will give those of you, who are really struggling, some sentence starters to assist you in getting started. I recommend choosing only one, and then focusing on listening to the voice for what it has to tell you:

After reading thus far, I have come to realize...

The chapter I am most excited to read is...

When I read _____, I felt...

The thing I most want to change is... and this is why...

I feel...

Write a letter to yourself to read when you are finished the book.

Takeaway: Reread what you wrote and pick out the key themes or feelings that show through. Begin to ask yourself questions such as: Was this exercise difficult or easy and why do you think so? Were the thoughts in my head mine or were they the words of someone else (i.e. parent or spouse)? How am I feeling moving forward? What is my take away from this exercise? Write down anything that comes up for you as you reflect on the exercise. You may find as you move through the book that similar themes show up, or you may use this piece of writing to see how far you have come by the time you are done reading.

Chapter 2: Reason: Making it Real

Homeplay: Why?

Time: 5 minutes–15 minutes+

Purpose: To get clarity about why you want your goal.

Materials Required: Paper and Pen

Exercise:

1. Choose any long-term goal that you would like to work towards. For this exercise, a long-term goal is considered a goal that will take over two months to achieve. This could be for any area of your life: physical, spiritual, intellectual, emotional, relationship, career, financial, social, family, etc. Write this goal down on a piece of paper.

Goal: _____

2. Imagine, or pretend, that tomorrow morning, when you wake up, the goal you have set for yourself has come true. While you slept, all the work was done, and you now have achieved whatever it was you set out to achieve. Take a few moments to really imagine and get into the feeling of what it would feel like to have your goal realized. What might your body feel like once you achieved the goal? How would you feel? Make sure to feel the energy in your body of being successful.

3. Write down how you feel as though you have reached your goal. There is a list of feeling words at the back of this book to support you in getting specific in describing how you feel. You may also find it useful to search the internet for additional feeling words, or look up in a thesaurus similar words to get the exact words that resonate.

You may discover, when imagining reaching your goal, you feel negative feelings come up, or have difficulty getting excited for the outcome. This could show up as feelings of indifference, irritation, depression, isolation, deflation, etc. This is perfect feedback and awareness! Most often, feelings such as these suggest you do not really want the goal, or you are trying to achieve it for the wrong reasons. If this showed up for you, start this exercise again. This time, use a goal that is meaningful and something you are excited to work towards and achieve. If it is a goal you think you really want, journal about the goal to gain greater insight as to why you are having negative thoughts. Homeplay exercise: Ink Diarrhea from Chapter 1 can assist you in this process.

4. Write down as many words that feel applicable, then narrow it down to 3–5 words. This is what you are really wanting from this goal. You can do this exercise with other goals as well. Look for similarities or patterns between the lists to help identify the main feelings you yearn to experience.

5. Write down this sentence and fill in the blank with the words that describe how you will feel when you achieve your goal.

What I really want from _____
(insert your goal)

is to feel _____.
(insert your 3–5 feeling words)

6. Instead of waiting one month, two months, six months, or a year to feel how you want to feel by achieving your goal, why not start feeling that way now? Ask yourself, “How can I feel (insert 3–5 feeling words you came up with) now?”

For example: What I really want from losing 30 pounds is to feel sexy, confident, and successful.

I can feel sexy by: styling my hair nicely, wearing perfume, wearing sexy underwear, putting on a dress or skirt instead of pants, switching my sneakers for high heels, etc.

I can feel confident by: looking people in the eyes when I am talking to them, standing tall with good posture, wearing clothes that I feel good in, exercising, etc.

I can feel successful by: doing what I say I am going to do, focusing on what is important to me, making a list of all my accomplishments, writing down five things I was successful at every day, etc.

What I really want from _____ is to feel _____.
(insert your goal) (insert your 3–5 feeling words)

I can feel _____ by: _____
(insert one of your feeling words)

I can feel _____ by: _____
(insert one of your feeling words)

I can feel _____ by: _____
(insert one of your feeling words)

I can feel _____ by: _____
(insert one of your feeling words)

I can feel _____ by: _____
(insert one of your feeling words)

7. Post your goal, and how you want to feel, somewhere that you can see it every day. Ideal places are your bathroom mirror, a bedside table, or by your computer screen. This will serve as a reminder to take little action steps of being in the energy of how you want to feel. I will be discussing this in greater detail later on, but, for now, just do something every day to get yourself feeling how you want to feel when you achieve your goal.

Takeaway:

Shifting the focus to how you want to feel will make taking action steps towards your goal easier, and you will achieve your desired results quicker. When focusing on the desired feelings, it is not necessary to create new goals and add tasks to your list. Small simple shifts in the choices you make throughout your day will make a monumental impact. Know that you are worthy and deserving to feel the way you want to feel!

Homeplay: NOT!

Time: 5 minutes–10 minutes+

Purpose: To reframe your goal into clear and concrete statements of what you want vs what you don't want, have a date to accomplish your goal, and state it in the powerful tense.

Materials Required: Paper and Pen

Exercise:

1. What are the top three negatively framed goals you say to yourself? Write these down on a piece of paper, e.g., I want to stop yelling at my kids.

1. _____

2. _____

3. _____

2. Next, reframe these goals into the positive without using the word NOT or NO. For those of you who are a bit rebellious and creative, words that are contractions for NOT (can't, don't, etc.), or the words stop, quit, and never, are also forbidden. Think—What do I want vs. what don't I want, e.g., I want to speak calmly to my children vs. I want to stop yelling at my kids.

1. _____

2. _____

3. _____

3. Ensure your goal uses the powerful tense, *I will*, or *I have*, but, preferably, *I choose to*, e.g., I choose to speak calmly to my children.

1. _____

2. _____

3. _____

4. Make sure your goal is specific enough that you will know when you have achieved it. You can actually measure your success on some type of scale, e.g., I choose to speak calmly to my children five out of seven days of the week.

1. _____

2. _____

3. _____

5. Set a date to complete this goal by, e.g., I choose to speak calmly to my children five out of seven days of the week, by September 15th of this year.

1. _____

2. _____

3. _____

Takeaway:

Can you feel the excitement rising in your body? Framing what you want instead of what you don't want is more powerful and will get you the results you are looking for. Being specific and clear on what it is that you are aiming for, assists your brain in finding ways to the paths of least resistance in order to create success. It operates and responds best from clear and concrete messages. This exercise can be done for short and long-term goals. Keep your goal around you and read it several times a day, because what you focus on, expands! Where attention goes, energy flows!

Homeplay: Ready, Set, Chunk!

Time: 15 minutes–45 minutes+

Purpose: To chunk long-term outcome goals into smaller, manageable performance goals and action steps. This will support in creating the thoughts and feelings of your goal being achievable and reachable. It is also to purposely plan action steps to feeling how you want to feel along the way, rather than waiting until the end to get the feelings you desire.

Materials Required: Paper and Pen

Exercise:

1. Choose a long-term goal that is at least six months away from being achieved. It must be an *emotionally powerful* goal, meaning you get emotional at the thought of achieving it, e.g., goosebumps, rush of adrenaline, tears come to your eyes, etc.

Goal: _____

2. List the months, working backwards from your end goal. These will serve as stepping stones to get to the finish line.

Month Goal Achieved: _____

Current Month: _____

3. For the last month: list week three, week two, and week one goals.

Current Month: _____

Week 4: _____

Week 3: _____

Week 2: _____

Week 1: _____

4. For the first week: list each day, so you can write an action step(s) for those days.

Week 1: _____

Day 7: _____

Day 6: _____

Day 5: _____

Day 4: _____

Day 3: _____

Day 2: _____

Day 1: _____

5. Chunk down time! Begin planning steps to reach your goal. It does not matter if they are the *'perfect'* steps or the absolute *'right'* steps. Over the six months or year, you will need to readjust, depending on your progress and learnings along the way, e.g., at five months you may get an injury setting you back, or you may be achieving success faster than you thought possible. Planning it out now, gives you a map and guideline of where you need to be approximately in relation to your goal at a particular point in time along the path. Be sure to include action steps that will create the feelings you want to have when you arrive at your end goal. If you are unsure of what these feelings are, refer back to the exercise, *Homeplay: Why?* from earlier in this chapter. Without a plan, you don't know where you are going, how you will get there, or where you will end up. This is the most important and most overlooked step to achieving your desires and dreams.

Remember to start small and attainable working your way up! Some people find it easier to plan from the six month mark and work their way back to the present day, and others prefer to start at the present day and plan their way forward to the six months mark. Whichever way works for you, is perfect!

Takeaway:

Planning small manageable steps along the path to your goal is key to success. Including goals along the way that create the feelings you desire from achieving your goal, generates momentum and perseverance. Focus on performance goals versus outcome goals, so you feel more in control and motivated. The steps you thought you originally were required to take may change as you go along. Be open and flexible to adjust your course as new information and self discoveries occur. Accept that you may not be able to see the exact path you need to take to get you to the finish line from the start line, however, without a plan, you will not be able to take effective action.

Homeplay: Fear Brainstorming

Time: 15–30+ minutes

Purpose: To become aware of underlying fears or considerations, and brainstorm possible solutions.

Materials Required: Paper and Pen

Exercise:

Create a chart with two columns. On the left hand side, list **ten** fears or considerations you have when thinking about taking the steps required to achieving your goal, or actually achieving your goal. On the right hand side of the table, brainstorm as many solutions to that fear or consideration as possible. Whatever wild and crazy thoughts come to your head, write them down. Do not edit as you go! If you feel stuck, ask a friend for ideas. The following is a condensed example from a client who wanted to release weight.

Fear	Solutions
Being hungry if I eat less	<ul style="list-style-type: none">-eat slower so I know when I am full-drink more water-focus on my food and eating instead of watching television-go to bed earlier instead of being tempted to eat late at night-eat snacks between meals instead of three big meals-eat vegetables instead of junk food when I want to eat
If I don't eat lots then I won't be getting my money's worth at buffets	<ul style="list-style-type: none">-stop eating at buffets-write my goal on a piece of paper and have it in front of me when I'm eating-eat mainly vegetables-limit myself to one plate
People will be staring at me when I go to the gym	<ul style="list-style-type: none">-hire a body guard to give intimidating stares to anyone who looks my way-bring barriers to put around me while I workout-say 'what are you staring at' to anyone who looks at me-buy equipment to exercise at home-go to the gym with a friend-exercise outside-say positive affirmations to myself when I am there

Fears or Considerations	Solutions
1	
2	
3	
4	
5	

6	
7	
8	
9	
10	

Takeaway:

Creating solutions to fears beforehand helps to minimize the fear. Fear is the biggest obstacle to overcome in your quest for change. This exercise is like preparing a preemptive strike against your critical and sabotaging thoughts. You have a specific plan in place for when that fear shows up. Planning and preparing is one of the best solutions to combat fear and sabotage.

Chapter 3: Relationships: Together is Better

Homeplay: Mirror Mirror

Time: 1 minute every day

Purpose: To change the negative beliefs about yourself into love and acceptance.

Materials Required: Mirror

Exercise:

Stand in front of a mirror. Say the following words out loud to yourself while you look yourself in the eye: “I love and approve of myself.” Keep repeating the words and let them sink in deep. Feel their impact and notice what body sensations or thoughts arise. If you have issues with body image, an extra challenge is to do this exercise naked.

Note: If you have negative thoughts arise, simply say, “Thank you for sharing,” and then repeat, “I love and approve of myself.” Acknowledging the negative chatter, but not accepting it, gives you power and control. I like to think of it as a 3 year old trying to get my attention. If I just ignore the toddler, he will continue to repeat, “Mom, Mom, Mom...,” until he feels heard. The same goes for that pesky monkey chatter that goes against something you believe to be true. The negative thoughts that can show up during this Homeplay exercise are nothing more than unsupportive beliefs you are carrying. Beliefs, as will be discuss further in chapter 4, are just made up stories that can be rewritten.

Takeaway:

We have been taught since we were little not to accept ourselves for who we are, through advertisements, social pressures, wanting to *fit in* and be accepted, and a variety of other ways. Most people, when starting this exercise, have some form of negative reaction, whether that be a cringe, an unsupportive thought, or a tightening in their stomach. This is simply feedback that this is unfamiliar, and that you probably have a belief that you don’t deserve love, aren’t worthy of it, don’t want to look conceited, aren’t good enough, or have a variety of other self defeating thoughts. Are these types of beliefs serving you? Of course not!

The more you practice this exercise, the easier it becomes, and the quicker you will see the ripple effect of an increasing amount of supporting, empowering thoughts. When a person loves and approves of themselves, they attract positive and loving energy into their lives. Life gets easier because others opinions do not matter, and you are no longer allowing your precious energy to get sucked away. You are able to stay focused on what is most important to you because *you* are your highest priority.

Homeplay: Oxygen Mask

Time: 5 minutes–An Entire Day

Purpose: To have a variety of ways to love yourself and make it easy to put yourself first on your priority list.

Materials Required: Paper and Pen

Exercise:

Brainstorm as many ways as you can (min. 100) to show love, acceptance, respect, and appreciation for who you are. It may help to make categories to narrow down and expand on certain areas. Areas that you can show love, acceptance, respect, and appreciation to yourself could include: physical, emotional, spiritual, intellectual, financial, career/job, things that cost money, things that are free, things I can do every day, ways to celebrate me, hobbies I enjoy, ways to relax, ways to nurture myself (without the use of food), boundaries I need to set, relationships I want to create/recreate/dissolve, etc.

Here is a short list of examples to get your mind flowing:

- Physical – eating a variety of fruits and vegetables, drinking adequate amounts of water, moving your body at least 30 minutes every day, stretch, getting regular medical checkups, protecting your skin from damaging sun rays, etc.
- Emotional – forgive others and yourself, do what you say, don't play small (meaning living your passion and purpose), saying positive affirmations, meditating, journaling, taking personal development classes, saying no to obligations that are not fulfilling, etc.
- Ways to celebrate me – have a party, spend an entire day in nature, go for a walk, get a boudoir photoshoot, sign up for a pole dancing class, sleep in, go to the spa, read a book, splurge on an item I wouldn't ordinarily buy (if debt is a problem avoid this one), watch a funny movie, sign up for a class, make a scrapbook of my life, go on a vacation, etc.

Your turn! List a minimum of 100 ways you can show love, acceptance, respect, and appreciation for who you are.

My Challenge to you:

You love others by doing things for them, spending quality time with them, saying positive and caring messages, buying them gifts, and giving them hugs. How do you love yourself? Do you spend quality time alone with yourself? Do you say positive affirmations to yourself or that you love yourself? Do you treat yourself to gifts because you are special?

If you are like most people, you spend a majority of your time focused on pleasing and tending to others and very little time caring for yourself. I challenge you, if you are willing, to commit to yourself that you will consciously take at least one loving action each day just for YOU, for the next 21 days. This could be as quick and simple as looking in the mirror and giving yourself a compliment and telling yourself that you are worthy and deserving. Or you could do something extravagant like go on a trip or buy yourself something special that you always wanted. Whatever it is that you choose, the challenge is for you to feel loved and cared for, by you, in a conscious way, at least once per day.

Of course, as this becomes easier, move to twice a day, and so forth.

Takeaway:

Taking loving actions for yourself creates a journey through life that is enjoyable and relaxing. Instead of strenuously striving towards goals, glide with love. Many women, particularly mothers, struggle with putting themselves first or finding time to put themselves on the calendar at all. This will most likely require you to say *no* to others. This is not selfish! Burning out and creating overwhelm for yourself is not helping you or your family, it puts additional stress and tension on the relationships.

When I first started practicing putting myself first, I simply explained to my children that this is *'mommy time,'* and that mommy needs her alone time, so I can be a better mom. At first, I had all the negative thoughts and past programming of: "I am a bad mother not giving my children attention; your children are supposed to be number one; I am being selfish; I am not as important as my children." This can be especially difficult if your children are very young and do need immediate attention frequently. Brainstorm ways to get them involved with you to do self care. Often, I had my children exercise with me. They loved waiting for a high five at the top of my sit-ups, or sitting on my back while I did pushups. Eventually, they were beside me trying to mimic my actions and still do years later. We had spa days at home where we would take turns pampering each other, painting fingernails, giving back massages, or playing hairdresser. My children now recognize in themselves when they need to respect their limits and take time for themselves. Teach others to put their own oxygen masks on first by being a role model yourself.

Homeplay: Accountability Contract

Time: 10–20 minutes

Purpose: To create a contract of clear guidelines, roles and responsibilities for both the goal setter and accountability buddy, with the intent of supporting one person in achieving a specific goal.

Materials Required: Paper, Pen, Contract, and Accountability Buddy

Exercise:

Complete the following contract or create one of your own with your chosen accountability buddy. Feel free to revise this contract and personalize it to suit your needs. It could also include: what happens when goal setter is not following through with their commitments; what happens when accountability buddy is not following through with their commitments; and/or a list of conditions in which to terminate the agreement. A downloadable form is available through stopquittingonyourself.com.

Outcome Commitment Contract

Goal Setter Contact Information

Name: _____

Phone: _____

Email: _____

Accountability Buddy Contact Information

Name: _____

Phone: _____

Email: _____

I _____ (goal setter's name) have a specific goal that I am committed to working towards and require the support of an accountability buddy and a clear accountability system.

Thank you for being my accountability buddy! I am needing support to assist me in staying focused and on my path towards reaching my goals. Support looks like listening, pointing out what I can not or am not willing to see, and giving constructive feedback when I get sidetracked by indecision, fear or past behaviours. I will contact you in moments of doubt or temptation and be open to all feedback.

The role of the goal setter is to,

- Be honest with self-assessment.
- Be open and willing to ask for help and feedback.
- Check in with accountability buddy with results, successes and setbacks.
- Set goals, take action steps and implement a plan.
- Focus on results and action steps instead of excuses.
- Take action (even in spite of fear).
- Honouring the agreements in this contract.

The role of a support person is to,

- Actively listen
- Provide constructive feedback without judgement.
- Encourage reflection, action, and celebration.
- Hold goal setter accountable by following-up, being available and having the goal setters best interests at heart.
- Honouring the agreements in this contract.

Accountability schedule of goal setter:

- I will send you via _____ my desired outcomes, detailed action steps and plans, as well as rewards on or before _____.
- I will contact you via _____ on _____ to update my progress.
- I will contact you via _____ on _____ of each week/month to review and update my goals, action steps and plans.

Follow-up schedule of accountability buddy:

- If I have not heard from you by each specified date I will contact you to follow-up.

The role of accountability buddy is a volunteer process and can be terminated by the accountability buddy at any time. If the goal setter wishes to terminate this process, however he/she must provide a satisfactory reason to the accountability buddy and ask permission to end the contract.

I commit to this process!

(Goal Setter Signature)

Date: _____

I commit to this process!

(Accountability Buddy Signature)

Date: _____

Takeaway:

Choosing someone who is reliable to support others and does not back out of contracts and commitments is key. Hence, they need to be personally accountable themselves. The goal setter does not want to get into a situation where they need to be an accountability buddy for their accountability buddy. Having more than one accountability buddy proves essential, especially when working on goals with many aspects.

An accountability buddy is not responsible for another person's goal achievement or success. They are not there to rescue you, be your friend, or coddle you. View your relationship as a business or formal interaction. You wouldn't pat someone who works for you on the head and say, "There, there, poor baby, don't worry." No! The relationship is about staying focused on the facts at hand and working through the obstacles. Achieving your goals is up to you; choosing who you will have by your side along the way determines how quick, how easy, and how much fun the journey will be.

Homeplay: Excuses Be Gone

Time: 5–10 minutes

Purpose: To get clear on the thoughts and excuses that stop you from achieving your goal.

Materials Required: Paper and Pen

Exercise:

1. Make a list of excuses that you have been using that are stopping you from getting to your goal. The best way to do this is to ask yourself, “I want _____, but...” How do you finish this sentence? This is the part where you say you want something, then the “yeah, but...” starts appearing. These are the stories and excuses that you have made up in your head of why you can’t achieve your goals and what is standing in the way. They are nothing more than made up stories you created to keep yourself in the uncomfortable comfort zone.

I want to _____ (insert your goal), but...

2. For each excuse, brainstorm reasons why that is not true, and how you can overcome the excuse. How can you move past this obstacle on your path?

Example: I want to earn more money, but...

Excuse	Not True/Solution
I don't know how	Find a mentor, read books, take night classes to climb the ladder at work, talk to an investor, research, talk to successful people
I don't have time	Stop watching reality television, listen to audiobooks on my commute to work, ask for help from others, hire a financial coach, delegate other jobs and responsibilities, limit my time on social media and the internet, implement a time management system
I don't have any money to invest	Research no money down investment options, look at getting a loan, hire a financial coach, create and stick to a budget, monitor my spending, stop buying unnecessary things, start a savings account

Takeaway:

Commit to eliminating excuses from your thoughts by focusing on how to solve the problem rather than focusing on the problem itself. The captain of a ship doesn't see an obstacle in the way and just throw their hands in the air to give up. He/she does what it takes to move through the storm. Only you can choose whether you will dance in the rain or grumble about it. You can have excuses, or you can have results. What are you choosing?

Chapter 4: Re-Write: Old Thought Patterns

Homeplay: Unsupportive Habits

Time: 10–15 minutes

Purpose: To become aware of negative, unsupportive habits that occur automatically, which you are not consciously choosing.

Materials Required: Paper and Pen

Exercise:

Feel free to close your eyes while you visualize the following scenario. Imagine you are lying in bed sleeping and you are about to wake up for the day. On this day, however, you know that all your unsupportive habits will be exaggerated, so you can easily recognize them. What is the first thing you do when you open your eyes? What are you thinking? Do you have thoughts like, “Ugh, I hate mornings; I hate my life; I wish it was the weekend; etc.” Do you hit the snooze button on your alarm clock repeatedly? What thoughts are you thinking that make you do this? As the exaggerated, unsupportive habits show up in your day, write them down on your piece of paper. Continue imagining going through your day, becoming aware of all negative habits and self-talk that occurs.

Takeaway:

You may choose to do this visualization a few times. Designating one day to focus on negative thoughts and habits that pop up can also be effective at becoming more aware. Remember, awareness is power. What you do with that awareness is up to you! Using hypnosis and other techniques found in this book will be a helpful way at rewriting those thoughts and changing those unsupportive behaviours.

As information comes in through the conscious mind and drops into the subconscious mind, it is filtered through an important component called the critical area. The critical area is both conscious and subconscious, and serves as a large filter. It filters information according to what we believe to be true. Consciously saying a positive affirmation to yourself, when you actually believe the opposite to be true, will not provide you with any results, as the information you are feeding your mind is being discarded. Beliefs are the gatekeepers of information getting into your subconscious mind and the pivotal force behind your choices and behaviours.

Homeplay: Unsupportive Beliefs

Time: 10–15 minutes

Purpose: To identify what beliefs are keeping you from achieving your goals.

Materials Required: Paper and Pen

Exercise:

Using the awarenesses from previous Homeplay exercises, or simply brainstorming, make a list of all the negative, unsupportive beliefs that are holding you back from achieving your goals.

Here is a list of common beliefs that clients have discovered while doing this exercise:

I am not good enough

I am not smart enough

Fear of rejection

Fear of success

Fear of failure

I am unlovable

I am powerless

I am not safe

I am all alone

I am unwanted

I am unworthy

I am unimportant

I am inferior

I can't change

I am always wrong

Life isn't fair

I can't trust people

I will never be rich

I will never be successful

I don't deserve anything

Nothing good ever happens to me

Create a list of 5–10 beliefs that resonate with you the most. Then change the statement into a positive, empowering one. This can usually be done by simply taking out the negative words such as not, never, can't, don't, etc.

1. _____

Improvement: _____

2. _____

Improvement: _____

3. _____

Improvement: _____

4. _____

Improvement: _____

5. _____

Improvement: _____

6. _____

Improvement: _____

7. _____

Improvement: _____

8. _____

Improvement: _____

9. _____

Improvement: _____

10. _____

Improvement: _____

Write the 5–10 empowering statements on a piece of paper. Put them up around your house, in your car, and anywhere that you will see them. I encourage you to *consciously* read them at least five times every day, as well as *subconsciously* read them throughout the day. By *subconsciously* reading them, I am referring to your subconscious mind seeing them without you consciously stopping to read them. Your subconscious mind is taking in information while your conscious mind is off thinking about other things, so use that to your advantage. The more your mind is aware of the positive messages, the better. Once you have the belief that the affirmation is true, repeating the affirmation will strengthen the neuro nets in your mind, making the belief more powerful to create what it is you want in your life.

Takeaway:

Beliefs are not true or false. They are simply made up statements we use to filter experiences through. We are story telling machines! Nothing means anything, except the meaning we give it. Every event is neutral; it is only our perception and beliefs that filter what we see and interpret. Beliefs affect the choices we make in our lives, and, ultimately, the results we achieve. When you accept and believe that you are worthy and deserving of your goals, nothing can stop you from success. What are you choosing to believe?

Homeplay: Hypnosis Scripts

All hypnosis is self-hypnosis, meaning you are in complete control! Find a comfortable and quiet place where you won't be disturbed. I suggest you shut off your phone, ask anyone who lives with you to not enter the room, and create a place of peace for the next 20–60 minutes. If you feel tired and are worried you might fall asleep, set an alarm to make sure you are awake at your designated time. Hypnosis is not technically sleeping, although it is the Greek meaning. You can lie down or sit in a reclining chair, or anywhere that you can be comfortable and at ease. If you find yourself falling asleep before finishing the script, choose a less comfortable position such as sitting upright, or doing it earlier in the day when you are not as tired. On the other hand, if you are struggling to focus or relax your body, starting with a pre-recorded audio can be helpful. As you practice self-hypnosis, you may find that a few intentional deep breathes is all it takes to get you in a hypnotic trance. Enjoy the deep relaxation and peace of hypnosis!

Choose one of the following scripts:

Script 1: Special Spot

Step 1: Deep Breathing

I want you to think of the word *relax*, as you begin to focus on your breath. The word *relax* has two syllables, *re* and *lax*. As you breathe in through your nose, deeply and smoothly, think of the syllable, *re*. As you exhale through your mouth, think of the last syllable, *laax*. On the exhale, release any tension or stress you may be holding in your body. Allow each breath to be smooth and deep, filling up your lungs completely on the inhale and expelling all the air on the exhale. Continue to do this sequence of breath several times, focusing on the word, *relax*. As you focus on the word, feel your body and mind become more relaxed and comfortable.

Step 2: Special Spot Visualization

In your mind, imagine, see, or pretend that you are in a place that is very safe and comforting—a place that is special and makes you feel relaxed and serene. This can be a place you have been before, or somewhere you just imagine. Feel the pleasure and tranquility as you surround yourself with the perfect setting. Look around and see what is there in your special place. What do you hear? Are there any smells? In your mind's eye, please reach out and touch something. It does not matter what it is—a piece of furniture, a flower, water, a blanket. Touch it, just so you know it is there. Imagine drawing in all the empowering energy right into the core of your being. Feel yourself lighter, more relaxed, and more grounded through that connection. Feel how comforted you are just by being in this place. Fill yourself up with the comfort and serenity this place provides, so you feel safe and secure, and always in complete control.

Step 3: Count Down 5 to 1

In a moment, count DOWN from 5 down to 1. When you get to the last number, say the words DEEPLY RELAXED. When you hear the words DEEPLY RELAXED, feel your body become so completely relaxed that you will feel like every muscle is melting like butter.

5 – Feel your body becoming more relaxed and comforted with each word, feeling as though your entire body is sinking down into the chair or bed.

4– Allow the feeling of safety and security to spread throughout your body and mind, as you relax even deeper now.

3– Imagine any tension or worries drifting away like clouds in the sky. Drifting away, drifting away now. As they drift away, you find your body and mind become two, then three times more relaxed.

2– Pretend for a moment that your entire body is like a feather, just floating and drifting down, drifting down into a soft comfortable pillow. Feel your mind and body at complete rest now.

1– DEEPLY RELAXED!

Step 4: Positive Affirmations

Note: For this step, create your own personal list of positive statements that will assist you in taking action to achieve your goals. Homeplay exercises, you have completed earlier, are a great place to start.

Repeat positive affirmations at least five times for each statement.

Step 5: Count Up 1 to 5

In a moment, you are going to count from 1 up to 5. When you get to the number 5, you can open your eyes, have a good stretch, and say aloud the words, **WONDERFULLY REFRESHED** (or another short power phrase of your choosing).

1 – Slowly bringing your awareness back to the room and your surroundings.

2 – Taking a deep breath in through your nose, and exhale through your mouth. Feeling refreshed and invigorated in both mind and body.

3 – Feeling incredibly good from the top of your head all the way down to the tips of your toes.

4 – Begin to wiggle your fingers and toes, feeling confidence and motivation spread throughout your body.

5 – Take your time, when you are ready, open your eyes, stretch your body, and say aloud the words, **WONDERFULLY REFRESHED** (or whatever power phrase you chose).

Step 6: Affirmations

Declare out loud, 5–10 positive affirmations that will help you achieve your goals. Repeat each affirmation at least five times.

Script 2: Cloud of Comfort

Step 1: Deep Breathing

In a moment, you are going to take some deep breaths. As you take these breaths, imagine breathing in a white light that brings a feeling of tranquility and serenity. As you exhale, feel and imagine all the tension, discomfort, and stress leave your body. Some people see the exhale as a dark mist or black cloud. Whatever you imagine or see is perfect for you. There is no right or wrong way to do this, just feel your body relaxing and becoming more comfortable with each breath. Focus on breathing in a white healing light that spreads to every part of your body while exhaling any dark tension or stress. Do this several times before going to the next step.

Step 2: Progressive Muscle Relaxation

Focus on the muscles in your forehead, and feel them relax down the more you focus on them. Feel the muscles around your eyes softening. Feel the relaxation spread into your cheeks and jaw muscles. Feel your jaw muscles release and your jaw sink down. The more you try to resist them relaxing, the more relaxed they will become. Moving the relaxation down into your neck. Relaxing every muscle, every nerve, every fibre in your neck now. Down into your shoulders. Feeling like the weight of the world is coming off your shoulders, and just let it go. Let the weight of the world come off your shoulders as you feel your shoulders relax down. Like waves in the ocean, feel waves of relaxation going down both arms. All the way down to your fingertips. The muscles in your chest have already begun to become more relaxed; see if you can relax them even more now. Down into stomach the relaxation spreads. Down into your thighs. Feeling every muscle in your thighs relax down and become comfortable. Spread the relaxation down into your knees, down into your shins and your calves, down into your ankles and all the way through to the tips of your toes. Feel waves of comfort from the top of your head all the way down to the tips of your toes. It feels so good to relax and let go.

Step 3: Staircase

Imagine yourself at the top of a beautiful wooden staircase, descending down to a white sandy beach. Notice there is a safe and sturdy handrail on both sides of the staircase. In a moment, begin walking down these stairs, and, as you do, feel your body and mind becoming more relaxed and comfortable with each step. When you get to the last step, say the words, DEEPLY RELAXED, to go into a deep state of hypnosis. When you are ready, take your first step down the stairs.

- 10 – Taking your first step down the stairs as you hold the handrails for safety and security.
- 9 – Feeling confident that you can accomplish anything you put your mind to.
- 8 – Seeing the bright blue water and white sandy beach at the bottom of the stairs.
- 7 – Feeling relaxed and happy as you make your way down the stairs one step at a time.
- 6 – Knowing that you are worthy and capable of your goals.
- 5 – Feeling more and more relaxed and confident with each step.
- 4 – Hearing the sounds of the waves lapping up on the shore and the birds flying overhead.
- 3 – Feeling the warmth of the sun and a gentle breeze warming you to the perfect temperature.
- 2 – Allowing your mind and body to relax into the comfort and serenity.
- 1 – DEEPLY RELAXED

Step 4: Positive Affirmations

Note: For this step, create your own personal list of positive statements that will assist you in taking action to achieve your goals. Homeplay exercises, you have completed already, are a great place to start.

Repeat positive affirmations at least five times for each statement.

Step 5: Count Up 1 to 5

In a moment, you are going to count from 1 up to 5. When you get to the number 5, you can open your eyes, have a good stretch, and say aloud the words, WONDERFULLY REFRESHED (or another short power phrase of your choosing).

1 – Slowly bringing your awareness back to the room and your surroundings.

2 – Taking a deep breath in through your nose, and exhale through your mouth. Feeling refreshed and invigorated in both mind and body.

3 – Feeling incredibly good from the top of your head all the way down to the tips of your toes.

4 – Begin to wiggle your fingers and toes, feeling confidence and motivation spread throughout your body.

5 – Take your time, when you are ready, open your eyes, stretch your body, and say aloud the words, WONDERFULLY REFRESHED (or whatever power phrase you chose).

Step 6: Affirmations

Declare out loud 5–10 positive affirmations that will help you achieve your goals. Repeat each affirmation at least five times.

Chapter 5: Repeat: Rituals and Habits

Homeplay: Mind Tracker

Time: 30–90 minutes the first time doing the exercise, then 5–10 minutes for each subsequent time.

Purpose: To become aware of where you are on the path to your goal, and make adjustments as needed.

Materials Required: Paper and Pen

Exercise: This exercise could be done daily, bi-weekly, weekly, monthly, and yearly. It works very well for visual and kinaesthetic learners.

Draw a map, using a large piece of paper. This map is a visual guide to get you from A to Z in relation to your goals. Just like a timeline, begin with a moveable picture of you standing on the left hand side of the paper, with today's date. This represents you setting the goal right now. On the far right hand side of the paper, draw yourself at the finish line, or destination, with your intended date of arrival. Make sure that the destination is enticing and visually pleasing. You want the arrival at your goal to look special and motivating. You can use colours, objects, pictures, magazine prints, etc. In between these two points, you can draw paths, or pencil in possible obstacles that could arise. Labeling deadlines, goal markers, and milestones between these two points, can also be advantageous. As you go through the days, weeks, and months ahead, use the map as a visual guide to lead you toward your goal. Progress the moveable representation/picture of you down the path, adding in obstacles avoided or overcome, success stops, lessons learned, and anything else that represents your journey to success. Every day, spend a couple of minutes focusing on the far right hand side where you have achieved the goal. See and FEEL yourself being successful, and be open to receiving new ideas or strategies that will get you to that place in a more fun and enjoyable way. Each day, move the picture of you in the direction that you feel you are going, based on the action steps taken. As you move, draw the path that you have taken, so you can look back and see your progress, lessons, and successes.

Takeaway:

Visually seeing yourself move towards your goal is very motivating. Taking the time to review consistently, and move the picture of you along the path, allows you the opportunity to reflect on your progress and make corrections. Achieving milestones and short-term goals on the path develops a feeling of accomplishment, which is contagious, creating the desire for more success. Success breeds success.

Homeplay: Inventory

Time: 5+ minutes

Purpose: To become aware of where you are on the path to your goal, and make adjustments as needed.

Materials Required: Paper and Pen

Exercise:

Questions to ask yourself on a daily basis:

Where am I currently in relation to my goal?

What do I need to be, or do, to get closer to my goal today?

Why do I want my goal?

What could get in the way of me being successful?

How can I minimize or prevent these things from happening?

When and how will I celebrate my successes?

Takeaway:

These questions encompass the main focus points when working towards a specific intention. Review where you are now, what you need to do, why you want what you want, what could get in the way with possible solutions, and anticipate planned celebrations for your successes. Focusing on these points daily will remind the conscious mind of your intentions and desires. Where attention goes, energy flows. Keeping your attention on your intentions creates determination. As you already learned, setting a goal with only the conscious mind will not help change behaviours. This process conditions the subconscious mind to get on board with what your conscious mind is telling it. This is a simple but powerful exercise that is best done first thing in the morning.

Homeplay: Journal

Time: 20–45+ minutes

Purpose: To uncover and become aware of your thoughts, emotions, and behaviours surrounding your progress towards your goals.

Materials Required: Paper and Pen

Exercise:

Choose a specific book or journal to write in. Use it for only this exercise, as you will do it every day. It does not matter whether you write first thing in the morning or last thing before bed. Write for at least twenty minutes, uninterrupted. I like to set an intention for journaling before I start writing. It could be about my day, how I feel about my goals, challenges I am facing, etc. Is there something that you would like more clarity about? Your writing does not need to flow or be grammatically correct. As in previous journaling Homeplay exercises, just write whatever comes up in your mind. The more you journal, the easier it will be, and you may find that twenty minutes is not enough. Do not reread what you wrote as you are writing, as this interrupts free flowing thoughts.

Takeaway:

Writing, particularly with paper and pen, puts us into a type of hypnotic trance where deep seeded beliefs and thoughts can surface. You may find that you were not even consciously aware of what you wrote, which is fantastic!

Homeplay: Positive Negative

Time: 10–15 minutes

Purpose: To become aware of what is more attractive and motivating—your current or new behaviours.

Materials Required: Paper and Pen

Exercise:

Divide a piece of paper into four sections. Choose an unsupportive behaviour in which you continuously struggle with changing. In each corresponding section, list several positives and negatives for both your current and possible new behaviour. The following is a condensed example of a chart from a client wanting to stop smoking.

Positives for Continuing to Smoke	Positives for Stopping Smoking
<ul style="list-style-type: none"> -seems less stressful -its easier -gives me something in common with others 	<ul style="list-style-type: none"> -healthier -live longer -less expensive -save more money -smell better -better immune system -travel long distances without fearing no smoking areas -don't have to go outside to smoke when in hotels -won't have cravings -have more energy -more lung capacity to play sports -better sex drive
Negatives for Continuing to Smoke	Negatives for Stopping Smoking
<ul style="list-style-type: none"> -coughing -yellow fingers -I smell bad -sick all the time -bad role model for my kids -No money 	<ul style="list-style-type: none"> -I won't go outside to visit with the smoking group -I will have withdrawals -Don't know what to do when I am stressed or triggered

Current Behaviour	New Behaviour
Positives for	Positives for
Negatives for	Negatives for

Takeaway:

Each of us is motivated either by being pulled towards something or by moving away from something. Why do you brush your teeth? Is it to have clean white teeth or is it to avoid cavities? If it is to have clean white teeth, you are generally a *move towards* type person. If it is to avoid cavities and bad breath, you are most likely motivated by *moving away* from something.

What is more motivating to this client? Since most of his answers are in the positives for stopping smoking, he is likely motivated by being pulled towards something. He will need to focus on all the positives of why he wants his goal rather than why it is bad for him to keep smoking.

Are you a *move towards* or a *move away* person? Use this awareness each morning to focus your attention on the reasons for choosing desired behaviours. Apply this information when you feel the temptation to repeat unwanted behaviours. Sometimes all it takes is a simple reminder of the positive and negatives of your choices.

Homeplay: Trigger Interrupt

Time: 10–15 minutes

Purpose: To interrupt negative, unsupportive triggers from sabotaging our efforts.

Materials: Pen and Paper

Exercise:

There is an endless list of things that can trigger us to make poor choices. The point of this exercise is to uncover which triggers throw YOU off track. Here is a list of common triggers that my clients have had:

alcohol, watching television, going on the computer, driving, socializing with friends, going to work, seeing in-laws, relaxing, bedtime, waking up in the morning, transitioning from one task to another, feeling sad, happy, anxious, etc.

Make a list of things, people, places, etc., that trigger you to choose an unsupportive response. Beside each trigger, brainstorm remedies or pattern interrupts you could use to stop, look, and choose differently than you have in the past.

A common example:

Trigger: Watching television triggers raiding the fridge for snacks.

Brainstorm remedies/pattern interrupts:

- stop watching television
- do something with my hands when I watch television, e.g. knit, paint, sort receipts, fold laundry, do a crossword puzzle
- don't sit on the couch; do yoga, stretch, walk on the treadmill, exercise on the floor
- chew gum
- drink lots of water

1. Trigger: _____

Remedies/Pattern Interrupts:

2. Trigger: _____

Remedies/Pattern Interrupts:

3. Trigger: _____

Remedies/Pattern Interrupts:

4. Trigger: _____

Remedies/Pattern Interrupts:

5. Trigger: _____

Remedies/Pattern Interrupts:

6. Trigger: _____

Remedies/Pattern Interrupts:

7. Trigger: _____

Remedies/Pattern Interrupts:

8. Trigger: _____

Remedies/Pattern Interrupts:

9. Trigger: _____

Remedies/Pattern Interrupts:

10. Trigger: _____

Remedies/Pattern Interrupts:

Takeaway:

Just like when we are facing our fears, being prepared and planning ahead can stop spiralling, out of control behaviour. Having and practicing a contingency plan for when you are triggered, minimizes the chances that you will be thrown off course.

I suggest using this next Homeplay exercise in conjunction with the one you just completed. They can work beautifully together once you are aware of your triggers.

Homeplay: Asking Questions

Time: 5 minutes

Purpose: To interrupt a non-supportive action and find clarity and guidance on the next step or decision.

Materials: None

Exercise:

Occasionally, you are faced with a *fork in the road* decision. Choosing between listening to the angel or the devil on your shoulder can be confusing. Instead of having an inner battle and weighing the pros and cons of the *right* move to make, simply consciously question. Stop what you are doing in the moment and ask yourself some objective questions. The following are examples that I have found to be useful. Employ the ones that fit for your situation or adapt them so they do.

If I wasn't judging myself right now, what else could I be?

Do my actions match my priorities?

What choice can I make right now that will get me closer to my goal?

If I choose this, what will my life be like in the next year, five years, etc.?

How does it get better than this?

What else is possible?

What would it take to have more of this with ease?

What is the value of choosing this behaviour?

What am I looking for by doing this habit/behaviour/activity/etc.?

What awareness am I having that I am not acknowledging?

What will feel better?

Does this feel light or heavy?

(This does not mean physically, but rather in your body. Imagine walking down a scary, dark back alley by yourself. Do you feel that shift in your body? It feels a bit heavy and restrictive. This is what it means to be heavy. Visualize yourself in the most joyful place you can imagine. Feel how light and free your body is now. That is what light feels like.)

Takeaway:

Asking questions can assist in gaining clarity for the choice you are faced with. Stopping to ask questions, before taking action, minimizes poor decisions, impulsive actions, and, in the end, regrets.

Homeplay: Oh, Snap!

Time: 1–10 seconds throughout the day

Purpose: To interrupt negative, unsupportive triggers from sabotaging our efforts.

Materials: Thick elastic band

Exercise:

Note: If physical self-harm is an issue, please do not do this particular Homeplay.

Start by placing the elastic band around your wrist. Commit to having it there for at least the next 30 days. Anytime you have a negative, unsupportive thought, make a negative choice, or have a craving, pull the elastic far away from your wrist and let it go! Oh, snap! This snap should hurt! You don't want to damage your body, by no means, but it should be uncomfortable. Remember the pain/pleasure syndrome. If a negative thought or action is comfortable, there is no reason to change. Make sure that every time you do something that goes against your goal intentions, or you have stinking thinking, you snap the elastic band. This snapping reinforces that action or thought as painful, and your subconscious mind will start deviating to other more comfortable thoughts and actions. Your mind's job is to protect you, so it will keep you away from experiences that are uncomfortable.

The next step is important, so make sure to include it in the process. Once you have snapped the elastic for the negative thought or action, kiss your wrist and say something positive and supportive. I know this may sound a bit strange, but this reinforces the idea that things will get better and that you love yourself.

Do this entire process three more times from the beginning. Snap the elastic for a negative thought or action, then kiss your wrist and say something positive and supportive.

Takeaway:

If a specific negative thought or action is painful, your subconscious mind will keep you from experiencing that repeatedly. Use the elastic band to assist you in stopping, looking, and choosing. Seeing the elastic on your wrist, for at least 30 days, will serve as a reminder that you are willing to be uncomfortable to get the change you desire. Of course, 30 days is a suggested guideline. Use this technique for a time frame that is most helpful for your specific journey.

Homeplay: Gratitude Challenge

Time: 2 minutes

Purpose: To shift into a state of gratitude.

Materials: Paper and Pen

Exercise: Choose any of the following options to start your gratitude practice. Ideally, do something to BE in a state of gratitude every day. I suggest designating a special notebook to be your gratitude journal.

Option 1: Set the timer for two minutes. Write as many things as you can that you are grateful for. Do this on a weekly basis and challenge yourself to come up with more items each time. The more you do this Homeplay, the easier it is to recognize and appreciate aspects of your life. You can even challenge a friend or spouse to do this with you, for a friendly competition of who can create the longest list!

Option 2: Start with writing down 50 things that you are grateful for. Each week, increase the total number by 10, so, in the second week, you are writing 60 things you are grateful for. You may think 50 is a large number to start with. If you can't come up with 50 things to be grateful for, you really need to do more gratitude exercises!

Option 3: Every day write 10 things that you are grateful for in your life. Do this every day for one week. The challenge is to not write the same thing twice during that week. For example, if you were grateful for a warm house to live in on Monday, you can't write that same gratitude item again until the following Monday. For an extra challenge, see if you cannot repeat any items for an entire month.

Takeaway:

When you challenge yourself to be grateful, you will discover that you seek out and become aware of things, people, and experiences throughout your day that you could use for the Homeplay activities. Gratitude breeds gratitude. The more you are grateful, the more things will come into your life to be grateful for.

Doing these gratitude challenges has a similar experience to buying a new vehicle. Before you bought your new blue van, you never noticed any blue vans on the road, but now you see them everywhere. There are many sayings that speak of this, such as: "What you put your focus on, expands;" "Where attention goes, energy flows;" "You get more of what you focus on." Spend more energy and time on being grateful, and those are the type of experiences you will attract into your life. Being appreciative for each lesson and gift of your journey towards your goal, whether deemed positive or negative, is essential.

Homeplay: 5 Successes

Time: 5 minutes

Purpose: To recognize your successes, accomplishments and progress, thus increasing motivation and momentum.

Materials: Paper and Pen

Exercise: At the end of every day, write down five ways you were successful at getting closer to your goal. These do not need to be big, huge, giant leaps of success. Depending upon where you are on your journey, something as small as making a phone call to a potential client, walking by the junk food aisle at the grocery store and not buying anything, only having one piece of dessert instead of three, or saying your affirmations that day, could be successful steps.

Alternative: In the morning, write down five steps that you intend to do that day to move you in the direction of your goal. At the end of the day, check off those that you accomplished, and write down any extra or alternative ones you did as well.

My Successes Today / My Intention for Today

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

Takeaway:

Success breeds success. When we see ourselves as successful, it is contagious, and we strive for more. Being successful raises our self-esteem and self-confidence as well. Feeling good about yourself will expand your energy and positive mindset, making it easier to achieve your goal.

Homeplay: Party Hat

Time: Will vary. 5 minutes–3+ hours

Purpose: To celebrate your success, progress, and achievements thus far, which will increase motivation, focus, and positive energy.

Materials: Will vary. Big milestones or successes must include at least one other person.

Exercise:

In Chapter 2, you completed a Homeplay called *Ready, Set, Chunk!* Go back to this activity and mark in times WHEN you will celebrate and HOW you will celebrate. At least once per month, plan to have a significant festivity, with smaller celebrations scattered throughout the weeks.

As you move along your path to your goal, celebrate and share your successes with at least one other person. Depending on the size of your accomplishment, this could look like phoning up a friend or your accountability buddy to share what you have accomplished, doing something special that you don't normally do, or throwing a party with cake and party hats. Whatever it is that you do to celebrate, make it meaningful and fun!

Ideas for celebrating: Going out to a movie with a friend, signing up for a class, getting a make-over, hiring someone to clean your house, making a certificate of achievement on your computer, taking a picture of yourself by a milestone, having a dance party by yourself or with your family in your living room, hanging a congratulations banner and sitting with a cup of tea, going out dancing with your friends, having friends over for a game night, going on a trip or vacation, going to a comedy club, taking a day off work, sitting and feeling proud of yourself for a few minutes, going bowling, karaokeing with friends, doing something off your bucket list, sending the kids to their grandparents for the night for some alone time with a spouse, buying a new outfit, going out for supper, going for a walk in nature, getting a massage, etc.

Takeaway:

Making celebration part of the process reignites the fire of desire and determination. Plus, it provides an opportunity for you to step back from the *nose in the dirt* work to have fun and relax. Don't wait until you have achieved your long-term goal before celebrating.

Chapter 6: Rest and Rejuvenate: Powering Up and Down

Homeplay: Drink up buttercup!

Time: 1–2 minutes, several times a day.

Purpose: Power up by hydrating your body, so it can function effectively with increased energy.

Materials: Water

Exercise:

Take your weight and divide it by two. This is how many ounces of water is suggested you drink every day. Let me state that again. This is how much WATER to drink—not tea, coffee, pop, or juice. For example, if you weigh 160 pounds, you will need to drink about 80 ounces of water every day. This is approximately 10 cups. If you are physically active, you will probably need to drink more.

My weight _____ divided by 2 = _____ ounces of water to drink per day

Drink this amount of water every day for the next 21 days. If you don't drink any water right now, start off slowly. Start with drinking half of the recommendation, and increase the amount every day for the next week. You will probably notice you require bathroom breaks more often. Do not let this deter you from drinking more! I have found that the body will adjust after the first few days, reducing the number of potty dances.

Hints: From my experience, it can appear overwhelming to drink this much water in one day when you are first starting out. The following are hints to assist you in drinking the recommended amount of water your body needs.

- Drink a big glass when you first wake up in the morning. This will kick your metabolism into gear and help flush out unwanted toxins.
- Add fresh lemon juice or slices to your water to improve its taste.
- Get a quality filter to ensure the water you are drinking tastes good and is good for you.
- At least half an hour before you eat, drink a big glass of water. There are three glasses of water right there!

- Set a timer on your phone for every 30 minutes to an hour, to serve as a reminder to drink a glass of water.
- Drink most, or all, of your water before dinner, so you don't need to get up in the night to go to the bathroom.
- Space your glasses of water out throughout your day. Ensure you are not fulfilling your quota solely in the evening resulting in floating and swishing your way into bed.
- Exercise! Moving your body will increase your desire to drink water. What a great way to check off two things at once!
- Create a checklist for every glass of water you drink, you can even put a checkmark or a sticker on afterward.
- Make a water challenge with your family or co-workers to keep you motivated.
- Set up a reward or incentive for yourself, such as “I only get coffee tomorrow morning if I reach my water intake today.”

Takeaway:

Most people are walking around with low energy because they are dehydrated. Dehydration can cause headaches, dry skin, dry mouth, sleepiness, and constipation. When dehydrated, our bodies are not able to function properly. Water equals energy. A guideline to assist you in determining if you are dehydrated or not is to look at your urine. If it is light or dark yellow, then you are most likely dehydrated. Some supplements make this test invalid as they turn your urine yellow. Energy drinks, while giving the illusion of increased energy, merely supply a spike in insulin and result in a crash. They are harmful for your body, as your body needs to work harder to get rid of the high amounts of caffeine and sugar contained in these drinks. They may appear helpful short term but will put you further behind in the long run. Stay powered up with clean natural water!

Homeplay: Deep Breathing and Body Talk

Time: 10–15 minutes

Material: None

Purpose: To slip away from the busyness of life and connect with how your body is feeling. Some people call this connecting with your intuition. Being connected with your intuition, or higher self, allows you to more confidently make decisions and take action steps, which are in alignment with your deepest values. When listening to this part, the F.E.A.R (false evidence appearing real) is not taken into account. The practice of being still and quiet allows the body to recover from stress and its side effects.

Exercise:

1. Start by finding a quiet space where no one will disturb you. Shut off your phone. No, don't just set it to vibrate, as that will just distract you. The idea is to be distraction free for the next ten minutes or more.

2. Next, focus on your breathing. When someone first told me to focus on my breath, I thought, "Alright with the fluffy stuff. Just get to the punch line." For those of you who struggle to be still and quiet for any length of time, I suggest you do this more often, for a shorter period of time, until your body gets accustomed! You are not looking at fulfilling a time quota by letting your mind wander. Short and sweet is better than long and lazy. When someone says, "Focus on your breath," often that happens for about one inhale and exhale; then your mind takes you off on a tangent. There are many different ways to focus on your breathing, such as counting your breaths, saying a mantra or affirmation with each breath, repeating a power word, etc. You choose which is best for you! You are not striving for cross-legged, levitating yogi here. Perfection and pose will not give you extra points. Breathing deeply increases the oxygen to your brain and relaxes your nervous system. It assists in taking you out of the fight or flight response and running on adrenaline that can be caused by too much stress and burnout. It is an easy practice that you can do anywhere, anytime, in as little as 10 seconds to help relax and clear your mind. As you do this throughout your day, while waiting at the doctor's office, stuck in traffic jams, cooking supper, etc., notice if you are holding your breath, or breathing very shallow before you started.

As an aside, if you decide to do deep breathing while standing in line somewhere, make sure to do it as quietly as possible. I came to this realization after practicing my deep breathing while in line at the grocery store. The innocent elderly lady in front of me gave me a dirty look while stating irritably, "I am going as fast as I can." I felt horrible at the misunderstanding but was able to laugh with her after explaining what I was actually doing!

If you are unfamiliar with deep breathing or belly breathing, the following are a few techniques that can get you started. Beginners should start off very slow, as the increase of oxygen can make you feel dizzy or give you a slight headache. Always breathe in through your nose and out through your mouth. When you breathe in, your belly should push out, and when you breathe out, your belly should push in. If you get confused, just think of trying to blow out a cake full of candles. When blowing out air, you need your belly to come in and up to push all the air out of your lungs. It is not necessary, while deep breathing, to puff up your chest like a cartoon character; just a full, natural breath is all you need.

Technique 1: Re-lax Breath

Think of the word *re/ax*. It has two syllables, *re* and *ax*. As you take a deep breath in, think *re* to yourself, and as you breathe out completely, think *ax*. It is not necessary to say the word out loud when you breathe, just think it in your mind. Relax. When you breathe out, imagine and feel yourself letting go of any tensions or stress in your body. The out-breath is the one to focus on, as the in-breath takes care of itself!

Technique 2: Breath Counting

Take a deep breath in, then on the exhale, count 1. Only on the exhaling breaths, will you count. On the next exhaling breath, you will count 2. Continue to breathe deeply until you get to 5 exhales. Then start back at 1 again.

Technique 3: 7777 (Advanced)

Breathe in deeply and slowly to the count of 7, then hold that breath for a count of 7. Exhale through your nose, slowly, to a count of 7, then hold your breath for a count of 7. Repeat. Can you guess how many times? That's right— 7!

These are only three easy ways to get you going, there are countless methods to help focus your mind on your breath. Start with breathing for 10-30 seconds to begin with, several times a day. If you are a seasoned belly breather, feel free to do longer sessions. Setting an alarm on your phone can remind you to take a few deep breaths throughout your day. Likewise, developing the habit of taking some deep breaths at certain times of the day can be helpful; for instance, before eating meals, before answering the phone, while washing your hands, or even while making a trip to the washroom. Some trips, I suppose, already take care of the deep breathing—but you get the idea.

3. As you develop a practice of deep breathing, you will find your body naturally relaxes quickly after only a few breaths. After just three conscious deep breaths, my body is conditioned to feel as relaxed as I do before I fall asleep at night. Pretty handy for stressful situations! After getting into a relaxed state, you can choose to continue just watching your breath go in and out, and see what sensations or thoughts arise, or you can open up to a question you may be pondering on.

4. If you are choosing to ask a question, simply think of the question in your mind. Do not try looking for an answer; just imagine it floating out into the universe, and trust the answer will show up when and how it needs to. Basically, don't be attached to getting an answer back on your time schedule. After sending the question, focus on your breathing and sensations in your body once again.

If you did not ask a question, you will simply observe your breath and sensations in your body. Feel the breath coming in through your nose. Does it tickle? What does it feel like in your body to pause between breaths? Does it feel relieving to breathe in again after an exhale? Focus on the sensations in your body. Where are you tense in your body? Imagine sending your inhaling breath to that part that feels tense. Is your stomach in a knot? Do your legs feel heavy? What does the chair feel like underneath you? Continue to be passively curious of the sensations in your body and of inner dialogue. If you find your mind wandering off to other things that are unsupportive to you in this moment, just imagine putting that thought onto a cloud and watch it float out of sight. When it is out of sight, you will be able to focus on the sensations in your body.

5. Be open and aware of any sensations or inner dialogue that can support you in taking the next step, providing answers to your questions, or giving you insight. Regardless, if you gain any new awareness, the practice of disconnecting from life in a healthy way will allow you to be more focused and productive. No making excuses that you don't have time to do this! Stopping to get grounded and clear can save you hours, days, weeks, and sometimes years, of anguish and frustration.

Takeaway:

While in a relaxed state, creative juices flow easier and are unrestricted. With the nervous system at ease, the body has an opportunity to function more efficiently and effectively. No one enjoys feeling stressed, anxious, or exhausted. Trying to work towards goals when you are always feeling drained and worn out, will never last. Deep breathing will increase the oxygen in your body, increase circulation, reduce stress and its side effects, and will energize you! Did I mention there are no downsides to this?!?

Once relaxed with an increased level of oxygen, it will be easier to follow those gut instincts that point you in the right direction. Listening to your body and allowing it the opportunity to send you messages will assist you in feeling energized and confident that you are on the right path to your goal.

Homeplay: Unplug Yourself

Time: 1 minute

Purpose: To get a better quality of sleep in order to feel rested, refreshed, and rejuvenated.

Materials: None

Exercise:

1. Shut off all screens for a minimum of one hour before you go to sleep.
2. Choose an activity for the last hour before you go to sleep, to prepare you for the deep slumber to come—any activity that begins to power your brain off from thinking, analyzing, or taking in information. Also, avoid any activity that is physically active. This means if you want a quality sleep, you should not be squeezing in a late night 5 mile run. Activities that provide peacefulness, relaxation, and comfort could include reading (books that are non-violent or intellectually thought provoking), knitting, taking a hot bath, meditating, deep breathing, painting, stretching, journaling, planning out the next day (only if this feels relaxing and comforting), preparing for the next day, writing in a gratitude journal, listing successes for the day, etc.

Takeaway:

Power down the electronics, so you can power down too! The blue light from screens keeps your brain turned ON, even if you are wanting to power down for the night. Checking social media, as a relaxing activity while in bed, is not a good option if quality ‘Zzz’ is what you are expecting when you shut off the lights. Even if you fall asleep quickly, the stimulation from screens disrupts the deep sleep patterns for you to get a restful slumber. There are apps and special glasses that can minimize this effect if turning off the screen is unthinkable. Remember, you can have the reasons, or you can have the results. Excuses don’t get results.

These previous Homeplay activities aimed to assist you in powering down, so your body and mind can rejuvenate. The next Homeplay is geared to power you up and get your passion flowing. This is a good activity to use in the morning to set your energy for the day.

Homeplay: Islands of Success

Time: 5 minutes

Purpose: To shift into the energy required to naturally move you towards your goals.

Materials: 3 full sheets of paper

Exercise:

1. Label sheet number one with the words, *Past Positive Experience*. Label the second sheet, *Positive Feelings*, and label the third sheet, *My Goal*. On the second sheet, *Positive Feelings*, choose 3–5 powerful feelings that would help propel you to your goal. If you felt this way, reaching your goal would be easy and fun, e.g., motivated, confident, persistent, joyful, patient, grounded, inspired, tenacious, etc.
2. Spread the sheets out on the floor in front of you.
3. In a moment, you are going to stand on each sheet separately. While standing on the second sheet, *Positive Feelings*, choose one feeling that you wrote down to focus on. Take a few moments to really feel that feeling in your body. What is your posture like when you feel this way? Are your shoulders down and back? Are you smiling or content? Are you tense or relaxed?
4. Once you experience this feeling in your body, move to stand on the first piece of paper, *Past Positive Experience*. Imagine, visualize, and experience yourself in the past when you felt that feeling from the second sheet. This could be any experience you had that made you feel that particular positive feeling. Take a few moments to remember the details and how it felt in your body.
5. Step back onto sheet number two, *Positive Feelings*, and choose the next powerful feeling word. Take a few moments to feel what that word feels like in your body.
6. Move back to sheet number one, *Past Positive Experience*. Spend some time visualizing or imagining a situation in your past where you felt this feeling.
7. Continue to do this back and forth pattern between the two sheets until you have gone through each of the power words.
8. Once you have finished each of the power words, you will feel amazing! Next, step onto sheet number three, *My Goal*. With the feelings of all your positive, powerful words flowing through you, anchor that feeling into your goal. To do this, place your thumb and forefinger together and visualize yourself successfully achieving all the action steps to your goal, and actually reaching your goal. It is important to feel all your positive, powerful feelings while doing this anchoring exercise.
9. Release your fingers and step off of the sheet feeling empowered!

1

Past Positive Experience

2

Positive Feelings

1.

2.

3.

4.

5.

3

My Goal

Takeaway:

Anytime you need to feel your positive, powerful feelings, just place your thumb and forefinger together and take a deep breath. The more you repeat this Homeplay exercise, the faster and stronger the feelings will come to you when you fire your anchor of placing your thumb and forefinger together. Feeling motivated, empowered, patient, and confident are simply states of mind and energy that you can shift into anytime it is required. Having the ability to shift your energy into these positive states on demand is useful to keep you focused, on track, and making forward progress. Who couldn't use more of that? Powering up is at your fingertips—literally!

Homeplay: Finding Your Fun

Time: 15–30+ minutes

Purpose: To rejuvenate and recharge your energy through the act of having fun. Fun is defined as the act of lightheartedness, enjoyment, or amusement.

Materials: Paper and Pen

Exercise:

1. Brainstorm, research, or get support in creating a list of things that you have fun doing. I encourage you to choose things that do not involve zoning out in front of an electronic screen. You will know the activity is fun if you feel lighthearted and carefree, almost as though you were a kid again.

For you *Type A* readers, this list can be categorized into different areas such as: activities that cost money, activities that are free, activities that take less than thirty minutes, activities that take over two hours, activities that require someone else, activities that can be done at home, etc. I realize that, for those of you who do not know what you enjoy doing, this task may seem overwhelming or daunting. It did for me when I tried doing it many years ago. What I enjoy doing, sadly seemed like one of the toughest questions I ever had to answer! Below are some helpful hints that will get you started. Naturally, add to your list as ideas present themselves.

I have FUN doing...

2. Commit to doing something that is fun every day. Yes, every day! I am not suggesting you need to take half a day off work every day to go skydiving if that is your twisted idea of what you think is fun. It could be something as simple as doing a cartwheel in the backyard, jumping in a mud puddle, playing with children, or dancing to your favourite song like no one is watching. At least once a month, commit to one larger activity that is fun. This could be having a games night with friends, sleeping in the backyard in a tent, going mini golfing or making a craft— anything that may take a longer period of time that cannot be done on a daily basis.

Takeaway:

Incorporating fun activities into your daily routine will shift your energy into a positive enthusiastic state. Positive energy equals productivity and progress. Your goal is only part of the picture, enjoying the ride is what will get you there.

Homeplay: Laughter Yoga

Time: 5–30+ minutes

Purpose: To rejuvenate and recharge your energy through the act of having fun. Fun is defined as the act of lightheartedness, enjoyment or amusement.

Materials: Paper and Pen

Exercise:

I ensure that at least one of my daily fun activities for the week involves laughing. I was introduced to laughter yoga at a cancer convention that our town hosted. It not only lifted everyone's spirits to recharge their energy, it was a good work out! The part I loved about the session was no one had to tell jokes or *do* something to make me laugh. All we did was start pretending to laugh. This continued for only a few seconds before real laughter broke out and everyone was holding their bellies! Fake laughter turns into real laughter, and laughter is contagious. There are many videos online that can support you in getting started. I often start by simply listening to other people laugh, which gets me giggling, and, in no time, gasping for air to catch my breath. Doing this with a group of people is ideal. Even just thinking about laughter sessions provokes me to start smiling. Schedule time each day or week on your calendar for laughter.

Takeaway:

Laughter increases the oxygen in your body just like deep breathing does. It also gets the *feel good* endorphins flowing, which naturally improves your mood. The effects of laughing last far longer than when it is done. It is about the easiest, quickest, and most fun way to shift into a positive energetic state. Power up with perpetual laughter!

Homeplay: Stretching the Zone

Time: Will Vary.

Purpose: To get comfortable with being uncomfortable, so it will be easier to take risks and unfamiliar steps towards your goal without sabotage or resistance taking over.

Materials: Paper and Pen

Exercise:

At least once a week, do something that pushes you out of your comfort zone. Ideally, do something every day. Plan and mark these out on your calendar, so you know the task will get done. The following are some example activities to get you out of your comfort zone. Note: Everyone has a different size of zone to start with, so some of these activities may not feel like a stretch to you, and some may feel like too big of a stretch. How do you know which ones are going to stretch you and not metaphorically pop your comfort zone bubble? Stretching should provoke a bit of fear, uncomfortableness, or anxiety. It should not keep you up at night or have you scrambling to fill a Xanax or Valium prescription.

Examples:

- For ladies with body image issues: wearing a two-piece bathing suit to the beach or pool, going uptown without makeup or your hair done, wearing a sleeveless top, wearing shorts, wearing high heels, wearing lingerie, doing a strip show for your spouse/boyfriend, dancing naked, standing naked in front of the mirror, etc.

- Physical – bungee jumping, rock climbing, bike riding, repelling, zip lining, running, climbing a ladder, looking over a balcony railing, going on a waterslide, riding a rollercoaster, riding a horse, driving a vehicle, getting a completely different haircut, shaving your facial hair or growing it out, holding a snake or spider, sleeping in a tent outside, etc.

- Mental – ask for forgiveness, have a tough conversation with someone, ask for a raise, stand up for yourself, ask for what you want, use no technology for an entire day, sign up for a new class, learn a new language, go on a blind date, fold your hands with the opposite thumb on top, cross your arms the opposite way, etc.

- Face any fear you have!

Hint: Being nervous before stepping outside, or pushing the confines of your comfort bubble, is natural. But are you really nervous, or are you just excited? Nervousness and excitement show up in your body the exact same way: increased heart rate, sweaty hands, faster breathing, etc. The only difference between feeling nervous and excited is how you decide to label those reactions in your body. So, instead of saying, "I am nervous," change it to, "I am excited!" With your mind thinking you are excited, it feels more positive and enticing to do the activity.

Things I can do to get out of my comfort zone:

Takeaway:

Be open to opportunities presenting themselves. The more you naturally feel comfortable stretching outside of your comfort zone, the more successful you will be. Your mind will be conditioned to not let unfamiliar situations stop you from pushing through. If you don't learn how to feel this discomfort long enough to learn the new behaviour, new thoughts, and new emotions, you will stay stuck. Short-term discomfort for long-term gain—until your brain feels safe pushing the walls of your comfort zone. With this new way of thinking, obstacles will just be something you navigate around instead of allowing them to stop you. Once you have stretched your comfort bubble, it will be forever expanded, allowing you to reach further, and go further than you thought possible. Every time you expand your comfort zone, your self-confidence and self-esteem expands as well. Once you make this a practice, and feel the boost in confidence, stretching outside your comfort zone will be exciting, and something you look forward to doing!

Chapter 7: Perfectly Imperfect

Homeplay: AM/PM Tuning

Time: 15 minutes

Purpose: To create morning and evening routines that will get you powered up or powered down, refocus your energy, and keep you connected to your goals.

Materials: Paper and Pen

Exercise:

1. Create a morning routine that will get you into the energy and focused mindset to be consistently ready to play full out in your life. Make sure this is something that is doable on a consistent basis. Don't write that you will get up and go to the gym every morning if you struggle to get out of bed to get to work on time now. That may be a long-term routine you want to incorporate, but set yourself up for success now. Maybe, for right now, the goal could be getting out of bed 10 minutes early to stretch your muscles. As that becomes automatic, stretch your comfort zone a little more.

My morning rituals:

2. Create an evening routine that will help you positively reflect on your day, unload your worries and concerns, and anchor you into falling asleep when you are ready. Again, set yourself up to thrive. If there are too many things to do, or it takes too long to complete all the tasks, you will eventually give up and stop.

My evening rituals:

Takeaway:

Having a set routine that becomes a ritual and just part of what you do, is something that will keep you in the energy and mindset to achieve your goals. Use the 5 Rs as pillars to form your activities around. Have fun and experiment! Be open to change, so change will occur.

Homeplay: Future Unfolding

Time: 10–15 minutes

Purpose: To be aware of what your life will look like and feel like if you do nothing to change.

Materials: Paper and Pen

Exercise:

1. Write how your life (health, family, relationships, finances, spiritual, etc.) will unfold in the next one, five, ten, or twenty years, if you **do not** choose to make the required changes in your life. Be creative and really feel in your body how that will affect you.

2. Write what your life (health, family, relationships, finances, spiritual, etc.) will be like **when you do** make the changes you seek. Be creative and really feel in your body how that will affect you.

Takeaway:

Often, we do not take the time to think about how our decisions affect our lives. One day runs into the next, and soon we are a year or two down the road and nothing has changed. This Homeplay activity not only gives you the opportunity to imagine and feel what it will be like to be successful, but also how it will affect other areas of your life and those closest to you. Imagining what life will be like if nothing changes, can be motivation enough to take action.

Feeling Words

Amazed	Animated	Aroused	Astonished
Absorbed	Appreciative	Awed	Accepted
Alert	Amused	Blissful	Confident
Curious	Calm	Clear-headed	Comfortable
Centered	Content	Courageous	Dazzled
Delighted	Eager	Ecstatic	Energetic
Excited	Engrossed	Enchanted	Entranced
Enthusiastic	Elated	Enthralled	Exuberant
Expectant	Enlivened	Fulfilled	Fascinated
Giddy	Grateful	Glad	Hopeful
Happy	Interested	Intrigued	Involved
Important	Inspired	Invigorated	Joyful
Jubilant	Liberated	Lively	Loving
Moved	Mellow	Open	Optimistic
Peaceful	Playful	Powerful	Proud
Passionate	Pleased	Quiet	Respected
Radiant	Rapturous	Relieved	Rested
Restored	Revived	Safe	Secure
Stimulated	Surprised	Satisfied	Serene
Strong	Thrilled	Thankful	Touched
Tickled	Tranquil	Trusting	Tenacious
Warm	Vibrant		