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# Session 3

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## CONNECT MIND, BODY, AND SPIRIT

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ACHIEVE FLOW AND EASE IN ALL AREAS OF YOUR LIFE

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## BE GRATEFUL

Being grateful for what you already have in your life is a great way to focus on the positive and emit positive vibrations. Take the time each day to focus on what you already have in your life. Recognize your great fortune and appreciate it. It will put you in a “feel good” mood.

*“Let us rise up and be thankful for if we didn’t learn a lot today, at least we learned a little, and if we didn’t learn a little, at least we didn’t get sick, and if we got sick, at least we didn’t die: so, let us all be thankful.”*

—Buddha



### **EXERCISE: THE GRATITUDE MANIFESTO**

Create your own “Gratitude Manifesto.” This is a journal of all the things you are grateful for in your life. Add to it everyday. Read it every day.

**What you are grateful for?**

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## INNER CHAMPION HOUR

Set time aside for yourself each day. It is important for your physical well-being, your mental well-being, and even your spiritual well-being. You will find that all areas of your life are affected when you do not take time to yourself. Take the time to connect your mind, body, and spirit. This will positively align you to generate positive energy throughout the day.

*“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.”*

*—Edward Stanley*

**What are the “obstacles” (excuses) in your life that have been preventing you from taking time for yourself and recharge your batteries?**

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**How can you overcome those “obstacles?”**

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**How will you, your family, and your life in general be positively affected by taking time each day to yourself?**

1. 

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2. 

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3. 

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4. 

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5. 

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# MIND

**Reading • Journaling • Visualization • Meditation**

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**Write out other examples of “Mind” activities you can do and would enjoy:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## **EXERCISE: CREATE YOUR VISUALIZATION BOARD**

Create a visualization board. This is a beautiful visual tool to remind you of all the things and situations you will attract into your life. Simply cut and paste pictures of the things and situations you want to bring into your life.

Keep it in a place where you can see it all the time. Remember, what you focus on expands. This visualization board will be a constant reminder of what is to come into your life. All the pictures are snapshots of your future.

# BODY

## Exercise • Fuel the Temple • Massage • Yoga

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Write out other examples of “Body” activities you can do and would enjoy:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



# SPIRIT

**Nature • Journal • Meditation • Music**

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**Write out other examples of “Spirit” activities you can do and would enjoy:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



**What will you do during your daily *Inner Champion Hour* starting now?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What time of day will you do it?**

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**PLAN, PLAN, PLAN!**

Setting aside time for you each day is important. It is as important, if not more important, than any other appointment or meeting you schedule in your day timer. Schedule your “inner champion hour” in advance. Sit down every Sunday evening and plan out your week in advance and schedule it (i.e. massage appointment, meditation time, exercise, etc.). What gets scheduled gets done.

On the next page you will find a weekly calendar you can use to schedule these important “you time” events.



## MY INNER CHAMPION HOUR SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
:30							
7:00							
:30							
8:00							
:30							
9:00							
:30							
10:00							
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11:00							
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12:00							
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3:00							
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4:00							
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5:00							
:30							



# NOTES