

Exercises to help with Stress, Attitude, & Concentration

The following exercises are from *Ten Actions You Can Do Today To Start Taking Back Your Life*. They are specialized applications of procedures from The Avatar Course for non-Avatar graduates.

ACTION 1:

Take a walk, notice something, and decide how you would describe it.

Time: 10+ minutes

Expected Result: Calming, increase in energy

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ACTION 4:

Pick a frequent worry and outline the sequence of thoughts that lead up to that worry. Deliberately think the thoughts in sequence until the worry fades.

Time: 5+ minutes

Expected Result: recovered energy

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ACTION 6:

Make a list of all the incomplete projects you have. Prioritize the list.

Time: 30+ minutes

Expected Result: recovery of attention

ACTION 8:

Climb one or more flights of stairs and before each step whisper something you are grateful for.

Time: 30+ minutes

Expected Result: sense of grace

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ACTION 9:

Deliberately do a good deed for someone without being found out.

Time: 30+ minutes

Expected Result: increased sense of self-respect