

January Jumpstart Playwork Session 3

1. Pick one Big Juicy Dream from your Identify Your Dreams Worksheet that you would MOST love to EXPERIENCE within one year or less. List it at the top of your “Creating Dreams on the Playground of the Universe” Worksheet. Complete the worksheet down to “possible actions” and STOP there. Bring your worksheet to Session 4. Share what you wrote with your buddy during your buddy call this week.
2. Download and bring the following documents to Session 4:
 - a. “Removing Obstacles” worksheet.
 - b. “Transforming a Limiting Belief” worksheet

There is no need for you to do anything with these documents before our next call. Have them available to refer to when we discuss Session 4 “Playwork”.

3. Continue doing body work you started doing in Session 2. You may continue with the same work or you may switch or add another practice.
4. Practice feeling GRATITUDE this week, especially during your body work. FEEL gratitude for your toes and each of your body parts as you move or walk or scan your body and consciously relax. Be PRESENT to the incredible work your body does to support you and keep you in the game of LIFE! Consider that your body is uniquely designed and suited to support the purpose and dreams you came here to fulfill. Be present to and grateful for the incredibly miraculous BE-ing that is YOU!
5. Practice JUICING your dream for a minimum of FIFTEEN seconds several times a day. FEEL the energy of your desire and the EXPERIENCE you want to manifest flowing into you and through you and out into the Universe. FEEL your dream coming to life RIGHT NOW.
6. Practice gazing into your own eyes in the mirror for a minimum of 30 seconds at least once daily (more often for more gold). Measure your ENERGY and JUICE level using the baby photo in your Dream Page instructions as a “10” measurement. Notice (without judgment) how much (or little) light you see in your own eyes. How much joy, curiosity, and excitement are present?
7. Notice whether there is a difference before and after doing your body work exercises or before and after you practice JUICING your dream or after any JOY experience you generate. **DO NOT JUDGE** what you see (or don’t see) – just NOTICE and take measurements. Share what you notice with your buddy during your buddy calls.
8. Resources / Links – For more info about the health benefits of laughter, please refer to the following Websites:
 - a. Health Benefits of Laughter - http://www.helpguide.org/life/humor_laughter_health.htm
 - b. American School of Laughter Yoga - <http://www.laughteryogaamerica.com/>