

*January Jumpstart Success-ercises*  
*Session 2*

1. Continue working with your Passion Possibilities and the Reflections Exercise if you have not completed them. Complete them before Classroom 3
2. Fill out the “Identify Your Dreams” Worksheet (Short, Mid and Long Term) and have it with you for Classroom 3. Consider them to be POSSIBLE dreams, not PROMISED goals.
3. Read the Creating Dreams on the Playground of the Universe Instructions. Bring them with you to Classroom 3 for further information and direction.
4. Body Work – Put ONE or more of the body work activities listed on Page 2 into your daily routine to assist you in increasing your body awareness. \*\*\*

\*\*\*NOTE: If you are not currently exercising or have health concerns, please check with your health care provider before engaging in body work techniques or activities.

5. Email or text Coach Sue no later than 24 hours prior to our call and let her know you have completed your Success-ercises and copy your Buddy with one of the following short messages:
  - a. YES! I am complete!
  - b. I will complete by \_\_\_\_\_

**\*\*\*Bonus Success-ercise:\*\*\***

Begin making a list of areas where you have “incompletions”. You can either jot them down as you think of them – or create categories (Health, Finance, Relationship, etc.). What are you avoiding doing or tolerating? What’s on your mind that’s weighing you down? Include things like unbalanced checkbook, cluttered desk or closets, incomplete projects, lack of self-care, unresolved conflicts or issues, etc.

Pick one item from your list to complete. Share with your buddy and hold each other accountable for completing the one you picked.

## **BODY WORK**

1. **Deep Breathing Practice** – This practice can be done standing, sitting, or lying down. Start by exhaling fully. Breathe in as deeply as you can while counting to four – hold your breath to the count of seven - exhale fully to the count of eight. Repeat for 4 sets. If you get dizzy, pause and wait, then repeat more slowly. Do this exercise at least twice daily – preferably first thing in the morning and at night before falling asleep.

You can see a video demo below your Session 2 downloads

2. Get into water for a minimum of 15 minutes this week – swimming, hot tub, steam room. Water helps to release toxins and loosen your muscles. It helps you de-stress and get your energy (Chi or Qi) flowing.
3. Take a “detox” bath. This website offers some great instructions for how to do it.  
<http://healthylivinghowto.com/1/post/2012/01/detoxification-part-i-healing-waters.html>
4. Upon waking, conduct a quick body scan. Starting with your toes, check in and FEEL your toes. Notice if they hurt or feel tight. Breathe deeply and release the energy of tightness, stress or pain you feel. Wiggle your toes and exhale as you consciously relax your toes.

Focus next on your feet, checking in to identify pain, discomfort, tiredness, or stress. Consciously breathe and release.

Move on to ankles, calves, knees, thighs, hips and so forth, up to the top of your head. Continue releasing pain, stress, and discomfort. FEEL every part of your body as it lets go and relaxes.

5. Take a 15-30 minute walk outside. As you walk, notice what’s around you. What do you see? Feel? Hear? Smell? Pay attention. FEEL the motion of your body walking. FEEL your feet in your shoes. FEEL the rhythm of your arms and legs. Notice your breathing. Inhale and exhale as fully as you are able.
6. Upon retiring for the day, conduct another quick body scan just as you did upon waking. If you fall asleep before you complete this exercise, that’s GREAT! You are consciously relaxing your body.

### BODY WORK

7. Choose one (or more) “self care / self love” practice you can *consciously* choose daily.

Examples:

- Hug someone you love and BE HUGGED in return for AT LEAST 20 seconds daily. Be present to the person you are hugging!
- Snuggle with a pet
- Take a nap
- Turn on your favorite music and dance...or SING!
- Play a game you love (tennis, basketball, etc.)
- Meditate
- Laugh!!!!

8. Notice your energy before and after each activity you choose. How do you FEEL? Share whatever comes up with your buddy on your call.

As you do these practices consistently, notice differences in the quality of your “thinking” and creativity. Notice differences in your awareness of your surroundings. Notice changes in light, color, sound, intuition. Notice shifts in your energy. Notice time shifts. (You may find you have MORE of it!) Journal or write down what you notice. Share with your buddy.

If you want additional practices for monitoring water and food intake, check with me. I can give you information and resources.

**More Info on Laughter:**

**Health Benefits:** <http://www.helpguide.org/articles/emotional-health/laughter-is-the-best-medicine.htm>