



REBIRTH
by
HeKmat

Name of Exercise: Glass is Half Full or Half Empty?

Objective

Most of us tend to notice what is negative in our life and we normally take the good things for granted. If we have a knee pain we would focus on it the whole day, but do we focus on the rest of our body being healthy? This exercise aims at training your mind to notice more of the positive. To put yourself in a happier state by noticing reasons why you love life. To keep yourself in the state of gratitude, because gratitude is the ultimate state of receiving. We consciously keep reminding ourselves of what's right in our life, and slowly train the subconscious to notice positive things.

Goals

To repeat this exercise weekly, so that you do not need to consciously remind yourself to be grateful, rather it becomes a habit

Solution

Remind yourself daily so that it changes from a conscious exercise to a subconscious habit



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"Be in a state of gratitude for everything that shows up in your life. Be thankful for the storms as well as smooth sailing." - Dr. Wayne Dyer

Exercise:

It's very easy to answer the question "what's wrong" in your life?

But how about what's "not wrong?"

And what about what's "right?"

It's a wonderful thing to have a non-headache or a non-toothache, but so often we do not think of the joy of not having these problems until we experience them and then wish them away.

This exercise can help us redress the balance of what's really right and wrong in our life ...

Get two blank sheets of paper.

On one piece of paper, list all of the things that are "wrong" in your life - don't be afraid to be negative - get it all out!

On the other, write a list of all the positive things in your life right now, including everything that's "not wrong."

When you have finished, place the two pieces of paper side by side and ask yourself ...

What is of the greatest use to me and what serves me most - to focus on what's "Wrong" or what's "Not Wrong?"

When you have decided which list is best for you to dwell on, discard the list you do not wish to focus on - throw it away, maybe even bury or burn it, if you wish to make this a memorable event.

Try reading the remaining list every morning for a week and see what happens! Repeat the exercise weekly