

# MEDITATION

FOCUS AND CREATING YOUR DAY

- Still the outer world (music, quiet space, morning time)
- Still your inner world (concentrate on your heartbeat or breathing)
- Relax your entire body, beginning with your toes and slowly working your way up, one limb at a time to the top of your head
- Visualize your entire day one interaction at a time and envision your desired behavior/outcome
  - Who will I interact with?
  - How will I behave (show-up) before, during and after the interaction?
  - How will I handle any stress?
  - Who will need any support and how will I provide it?
- How will I express my love for my significant other, today?  
End by saying out loud-"Thank you, thank you, thank you" and committing to Lasting Purpose-I will GIVE, LOVE, SERVE and DO out a sense of abundance and gratitude.

