

POSSIBLE PROGRAM FOR PRACTICES

1 = possible daily, review list to decide which; 3 = semi-weekly; 7 = weekly; 30 = monthly; 365 = yearly;

One should have empowering statements and key affirmations absolutely memorized and instantly available.

The assumptions are that we are able to figure out efficient ways of exercising, but optional trips to gym can be taken by choice. The approximate time per day for all up to once a week practices, on average, including 5 30 minute exercise sessions a week, would be 63 minutes. (People watch tv for many more minutes than that. Of course, you can exercise while watching tv or a DVD. Also, if you do the exercises and deep relaxation exercises and the psychological “completing”, your sleep need and/or tiredness will decline appreciably.)

One daily practice that would be worthwhile to add would be to do the processes for life management for at least an hour a day for 5 days a week (or the equivalent).

Freq. ¹	<u>PRACTICE</u>	<u>COMMENTS</u>	Time/ week ²
1	<input type="checkbox"/> Physical exercise	Daily – 5 days	150
1	<input type="checkbox"/> Exercise chart maintained (see pre-designed charts for weight tracking and for exercise and diet)	Daily – 5 days	0
1	<input type="checkbox"/> Deep relaxation exercises	As desired – Mon	12
1	<input type="checkbox"/> Deep breathing, counting breaths	As desired – Tues	12
1	<input type="checkbox"/> Watching thoughts and letting them go	As desired – Wed	12
1	<input type="checkbox"/> Soothing tape or CD for relaxation	As desired – Thurs	12
1	<input type="checkbox"/> Review and/or select daily the ways of being you’ve chosen	Daily	12
1	<input type="checkbox"/> Inspirational reading	As desired	12
1	<input type="checkbox"/> Books like Chicken Soup	As desired	12
1	<input type="checkbox"/> Daily reading of compilation of comforting statements about yourself and life.	Fri	12
1	<input type="checkbox"/> Review empowering statements	Daily	12
1	<input type="checkbox"/> Affirmations	Daily	12
1	<input type="checkbox"/> Daily planning	Daily	60
3	<input type="checkbox"/> Gratitude, review list		10
7	<input type="checkbox"/> Review the person you’ve decided to be over the long term		5
7	<input type="checkbox"/> Poems		3
7	<input type="checkbox"/> Review ground of being		5
7	<input type="checkbox"/> Weekly planning		25
7	<input type="checkbox"/> Weekly partners or family meeting		60
14	<input type="checkbox"/> Beach tape	As desired	5
14	<input type="checkbox"/> Review goals	Mon	5
14	<input type="checkbox"/> Review Vision	Mon	5
14	<input type="checkbox"/> Review purpose, mission	Mon	5
14	<input type="checkbox"/> Review dreams	Tues	5
14	<input type="checkbox"/> Review achievements, successes	Wed	5

¹ How often, in terms of days. 1 equals daily, 30 = monthly, etc.

² In terms of minutes per week

<u>Freq.</u> ¹	<u>PRACTICE</u>	<u>COMMENTS</u>	<u>Time/week</u> ²
14	<input type="checkbox"/> Review your own life philosophy	Thurs. bi-weekly	5
30	<input type="checkbox"/> Review commitments		.3
30	<input type="checkbox"/> Review your standards, code of respect, and/or values		.3
30	<input type="checkbox"/> Review the person you'd most like to be or be like		.3
30	<input type="checkbox"/> Review thank you's, compliments		.3
30	<input type="checkbox"/> Rewrite, review interpretations around failures. (Finish)		.3
30	<input type="checkbox"/> Review other healthy life philosophy write-up		.3
30	<input type="checkbox"/> Write out what you're grateful for		.3
30	<input type="checkbox"/> Rewrite negative or disempowering statements		.3
30	<input type="checkbox"/> Review and get clear on what I can and can't control		.3
30	<input type="checkbox"/> Monthly planning, review plan		.3
30	<input type="checkbox"/> Review the success factors in the business, professions		.3
90	<input type="checkbox"/> Quarterly planning, review plan, write quarterly changes and additions		.3
365	<input type="checkbox"/> Physical goals charted (see ones mentioned above)	After physical	0
365	<input type="checkbox"/> Medical check-ups		4
365	<input type="checkbox"/> Medical - Charted for key indicators over time (see pre-designed chart)		1
365	<input type="checkbox"/> Vitamins and supplements fully decided (See pre-designed, but also must be customized)		2
365	<input type="checkbox"/> Overall diet decided (See pre-designed diet suggested)		2
365	<input type="checkbox"/> Physical goals set		1
365	<input type="checkbox"/> Review and get clear on life philosophy (Finish write-up)		5
365	<input type="checkbox"/> Time Tally – annually		1
365	<input type="checkbox"/> Yearly planning		6
365	<input type="checkbox"/> Yearly check-up (see forms), preferably with qualified counselor		4

This would be put in either your “Current Operating Notebook” or “Grounding/Reminders/Inspiration” Notebook³, so that you could easily reference it in a place that you would be inclined to remember.

³ See www.thelifemanagementalliance.com, Site III, Notebooks.