

Passionately Alive Action List

Things to do NOW! - Make this a Lifestyle change!

As you know we are talking about a lifestyle here. The people who get the most from the weekend are those that go home and start implementing what they have learnt into their daily lives.

The work never stops working we stop working the work!

Here is a summary of the main things to do...

- Live each moment in the SPACIOUSNESS of the present – drop the stories!
- Spend regular time connecting to your heart (some thing you regularly do)
- Put the 'On Being Passionately Alive CD in your car and listen to it!
- Read Louise Hay 'You can Heal Your Life'
- Practice Salute to the sun each morning
- Write out your 5 top goals and get going on them
- DAILY - Put some 'Heart Energy' into manifesting the goal you chose
- Clean out your wardrobe and buy something nice for yourself.
- Plan your day at the start of each day
- Keep on speaking and living your truth - vulnerably - from your heart
- Keep on growing and learning new things
- Do a couple of things from the 'Ways to increase Passion and Aliveness'
- Keep on welcoming it ALL 'in'.
- Reach out for help when you get stuck or overwhelmed and remember to give your buddy a call.
- Keep on Dancing! - do some physical exercise.

If you want

Self Love
Ease
Happiness
Peace
Love
Connection
Lightness
Spaciousness
Wealth
Courage / Strength
Gratitude

Practice

Kindness
Effortless Flow
Savouring the Moment
Acceptance
Compassion
Openness
Gentleness
Mystery
Generosity
Tonglen (happily welcoming 'in')
Appreciation

How many can I tick off as done this week?

What is something I could do right now?

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