

EXERCISES 'a yellow'

SPRY XIII / £. 45
CURATE YOUR SELF

above

FOCUS goes, energy flows...

SOCIAL MEDIA / CONTENT

- mindless extended can be harmful
- "users" is a term for doing something
- track your focus to keep your head
- ↳ how long you interact with post
- ↳ what you do (like/comment)
- ↳ what you search for

1 UNFOCUS OR FOCUS ACCOUNTS/RETURNS
if they give you bad feelings (comparison, inadequacy)

2 DRAINAGE IN THE LEASE RUN? (mus, politics, diet culture?)

3 SINKER CIRCLE (unfocus / waste your pleasure)

4 RESERVE USE/THINKING/INSPIRING ACCOUNTS/INSTANCES
LIMIT TIME SPENT

PEOPLE IN YOUR LIFE:

HOME / WORK:

1) OCCUPATION (table, clutter around; room, closet, kitchen; people)

your environment = declutter your mind
clarity, "minimalism"
↳ what matters to you?
REPLY?

WE DON'T DO WHAT WE CAN DO.
WE DO WHAT WE BELIEVE WE CAN DO.

Thoughts create reality

Thoughts create behavior
Thoughts create habits
Thoughts create character
Thoughts create destiny.

STATE OF MIND

Physiology → INTERPRET THE USUAL PROGRAMMING
- INTERRUPT THE PATTERN
- BECOME CONSCIOUS OF YOUR ACTIONS
- MOVEMENT TO SOUND OR A UTILITY
OR JUDGE OF SIT-UUPS

JUST GET UP

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LANGUAGE

changes how we think, attitudes, actions

1 SHOULD - 1 CAN'T - 1 HAVE TO

judgment on ourselves or on others
connected to feelings of shame, guilt, powerlessness, obligation, wishhood
imply lack of choice

FIRST - D ADDRESSES

COUNT YOUR WORDS PER DAY

1 SHOULD

NUMBERS / THINGS USED PER DAY

1 CAN'T

NUMBERS / THINGS USED PER DAY

1 HAVE TO

TRIAL MEANING BEHIND THEM, INTENTION CLARITY, BECOME AWARE OF MOTIVES AUTHENTICITY

THIRD

REPLACE, RENAISSANCE, RE PHRASE

it's about the actor.
take yourself thru but stay consistent with the script.