

Three Simple Actions for Today that open up a New Perspective in an Old Way of Thinking.

*Take 5 minutes and **sit quietly connecting with your unique Spiritual Source, Higher Power, Spirit and/or Higher Self.** (This is a your unique spiritual belief so refer to it as it honors you.) Ask to receive guidance from a spiritual perspective for a belief and situation that is challenging for you. **Be curious and open for the response.**

*Make a commitment today to **BREATHE Deeply.** Remind yourself often and be intentional about deepening your breathe and bringing prana (life force) into your emotions, mind and cells wherever it is needed. As we make breathing deeply a daily habit, we bring ourselves into the present moment and are able to live more consciously and intentionally, by choice not reactivity.

***Take 5 minutes** at the end of your day to acknowledge GEMS. These are **Gratitude and Ecstasy Moments.** When you review your day from this perspective, you will begin to train your brain regularly to find the gratitude and joy in life. Start with just one moment in which you experienced gratitude and ecstasy. Each day invite yourself to find more.

Follow this link to learn more about the Biology of Belief and how we can change behavior and belief patterns: <http://www.brucelipton.com/resources>



