

Session 2 Weekly Wrapup Challenge

Choose at least one of these this week:

Type 1	Reorient by Focusing on specific facets of your Higher Power:
Journal:	If you already have a Higher Power...is it BIG enough? Trustworthy enough? Loving enough? If not- reorient to the facet that changes your perspective.
Journal:	Your Higher Power is COMPASSIONATE - ALWAYS!
Journal:	Your Higher Power loves when you are lovingly playful (try to avoid sarcasm)
	Practice Closed Hands to Open hands for 5 minutes each day.

Type 2	Reorient by Focusing on specific facets of your Higher Power:
Journal:	If you already have a Higher Power...is it BIG enough? Trustworthy enough? Loving enough? If not- reorient to the facet that changes your perspective.
Journal:	Your Higher Power wants you to ASK Him for what you want, not just assume he knows. What have you kept yourself from asking for?
Journal:	Give time to your Higher Power expecting absolutely NOTHING in return....Just the Joy of time spent with him. (Journal on that.)
	Practice this for 5 minutes each day: Gently hug yourself and pet yourself on the shoulder (like you would a crying friend). Let yourself feel the love & compassion that pours out.

Type 3	Reorient by Focusing on specific facets of your Higher Power:
Journal:	If you already have a Higher Power...is it BIG enough? Trustworthy enough? Loving enough? If not- reorient to the facet that changes your perspective.
Journal:	You can feel impatience (especially with "incompetent" people). Think of a time when that happened. What is at the CORE of that impatience? Fear of not getting what you want? Fear of not getting the admiration you deserve? Something else?
Journal:	You may avoid feelings because you fear you are a leaf in the wind. What do you suppose it would feel like to trust your Higher Power 100%? Could you reorient yourself to that reality?
	Give someone a gift 100% anonymously (don't even share the details with us!- just that you did it :-)

Type 4	Reorient by Focusing on specific facets of your Higher Power:
Journal:	If you already have a Higher Power...is it BIG enough? Trustworthy enough? Loving enough? If not- reorient to the facet that changes your perspective.
Journal:	Imagine telling your 12 step story dispassionately. It would sound like this "My husband and I divorced." "My son and I are estranged". Try journaling your story with NO ADJECTIVES.
Journal:	Your Higher Power KNOWS you are special. You know you are special. Does anyone else need to know you are special?
	Find a beautiful item or experience and when it touches your heart and makes you feel sad....see if you can stay with it and reorient it to something like JOY.

Type 5	Reorient by Focusing on specific facets of your Higher Power:
Journal	If you already have a Higher Power...is it BIG enough? Trustworthy enough? Loving enough? If not- reorient to the facet that changes your perspective.
Journal	Your Higher Power knows your needs are important and will answer you - ALWAYS!
Journal	Journal about a past event that may have bothered you at the time. Then go back to the journal and ADD all kinds of stupid, silly, repulsive, amazing adjectives and Exclamation Points!!!!
	Invite someone to do something completely spontaneous with you and then go do it.

Type 6	Reorient by Focusing on specific facets of your Higher Power:
Journal	If you already have a Higher Power...is it BIG enough? Trustworthy enough? Loving enough? If not- reorient to the facet that changes your perspective.
Journal	Fear is an automatic physical response to something happening right now. Anxiety is about something that may happen in the future to which you experience the physical fear response. Ask yourself "Am I in danger right now?" (Obviously, if yes, get to safety!) If no, take 10 deep breaths to take your body to CALM.
Journal	Your Higher Power loves when you are spontaneous.
	Practice the Power Pose whenever you begin to go into your head about a future fear-provoking event.

Type 7	Reorient by Focusing on specific facets of your Higher Power:
Journal	If you already have a Higher Power...is it BIG enough? Trustworthy enough? Loving enough? If not- reorient to the facet that changes your perspective.
Journal	Catch yourself ready to jump then ask "Am I running toward pleasure? Running from pain? Both? Why?"
Journal	Imagine that you are stuck in an elevator (no phone, no book). They know you are there and will get you out asap. You WILL be taken care of! To pass the time you begin singing (loud or soft) the greatest hits of your favorite band. Stay with it...sing all the songs! Then journal your feelings.
	Practice the STAY hands for 2 minutes each day.

Type 8	Reorient by Focusing on specific facets of your Higher Power:
Journal	If you already have a Higher Power...is it BIG enough? Trustworthy enough? Loving enough? If not- reorient to the facet that changes your perspective.
Journal	One goal may be to move (over time) from Opinionated to not stating an opinion to not HAVING an opinion. Journal on that.
Journal	Your Higher Power loves your intensity! Catch yourself in the act of "overtly" intense (for a particular audience). Can you reduce the intensity without losing yourself?
	Open & hold the door for other people all week.

Type 9	Reorient by Focusing on specific facets of your Higher Power:
Journal	If you already have a Higher Power...is it BIG enough? Trustworthy enough? Loving enough? If not- reorient to the facet that changes your perspective.
Journal	Imagine that you are stuck in an elevator (no phone, no book). They know you are there and will get you out asap. You WILL be taken care of! To pass the time you begin singing (loud or soft) the greatest hits of your favorite band. Stay with it...sing all the songs! Then journal your feelings.
Journal	What do you VALUE? Make a list of everything you value and when did you last DO something related to that. (This is just information- no beating yourself up!)
	Practice adding a strength exercise to your down time for 5 minutes each day. Things like a hand dexterity exercise or calf raises while you watch "Friends".