

“Slow Down, You Move Too Fast”

- Listen to this old Simon & Garfunkel tune or another favorite. Do not do more than one other thing at the same time!
- Take a bubble bath.
- Drive more slowly.
- Do not wear your watch for one entire day.
- Tinker with your favorite hobby for an entire evening.
- Turn off the TV for a whole day.
- Spend one hour in total silence. Unplug the phone.
- Take a half-hour walk. Don't take anyone with you, and don't do anything else while you're walking.
- The next time someone asks you to do something for them, tell them you'll get back to them about it. Then *decide* whether you want to use your time that way.
- Choose only *half* of the above to execute.

CHARTING YOUR PROGRESS

How many days this week did you meditate? Are you starting to look forward to it? _____

Is your meditation becoming a pleasurable habit, or is it still hard to find the time? (Slow down and take time for yourself.) _____

How many days this week did you make entries in your portable psychic journal? Have you discovered what drains you? _____

Which block do you think is your most pernicious? _____

Which block was most satisfying to work on? _____

Which block are you procrastinating on? _____

Which block makes you most nervous? _____
