

Step 1

In the spaces below, list the answers you circled on the exercises in this chapter, flipping back through the previous pages whenever necessary.

List your:

A. Most high-energy activity: _____

B. Person who makes you feel most relaxed: _____

C. Best-health situation: _____

D. Information you remember most easily: _____

E. Activity most likely to make you forget the time: _____

F. Item that created the strongest Urge to Merge: _____

G. Best-mood setting: _____

Step 2

Fill in the blanks with the appropriate response.

YOUR OWN BEST-CASE SCENARIO

It's an incredibly beautiful day. The air is clear, the scenery dazzling, and you're setting out to do (A: your most high-energy activity)

with (B: your favorite person)

You've got no other responsibilities, no immediate deadlines, and no major problems weighing you down. You feel great, even better than you did back when you were (C: your best-health situation)

In fact, you're in the best physical shape of your life: strong, lean, robust, and full of energy.

You're having a great conversation about (D: the information you remember most easily)

when a message arrives for you. It's a letter from the president, saying that you have been chosen to receive a lifetime of financial support for doing (E: the activity that makes you forget time)

This will require you to spend a lot of time with (F: the person or situation that creates the Urge to Merge)

You feel just the way you did when (G: your best-mood setting)

happened, only more so. Lie back for a minute, take in the scenery, and enjoy knowing that this is basically how you're going to spend the rest of your life.