



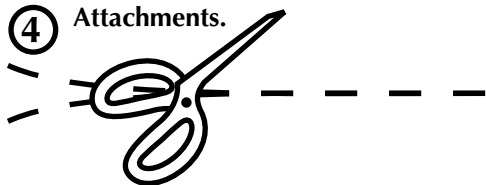
## Part 2: Loving the life you live

① **Stillness.** Make the space between your

# THOUGHTS

bigger.

④ **Attachments.**



② **NATURAL.** Ingredients: *love, joy, peace, patience, kindness, trust, goodness, wisdom, gentleness, happiness and self-control.* Simply add grace for the perfect consistency. Eternal – no added preservatives needed.

**BEST SERVED NOW**

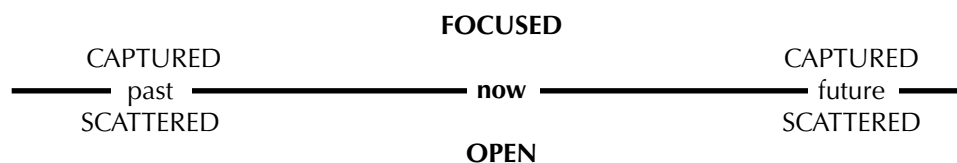
**UNNATURAL.** Ingredients: *worry, stress, anger, fear, need, dependence, division, incompleteness and separateness.* Must add externals: job, partner, money and status to achieve temporary happiness.

**BEST SERVED TOMORROW**

③ **Giving Thanks.**

- 1.
- 2.
- 3.
- 4.
- 5.

⑤ **Attention and presence.**



⑥ **Decisions:**

Change

Leave

Accept

⑦ **Volunteer.** I could . . .

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

⑧ **Flow.**

- The task is challenging but suits our skill level.
- We concentrate.
- There are clear goals
- We get immediate feedback.
- We have deep, effortless involvement.
- There is a sense of control.
- Our sense of self vanishes.
- Time stops.

⑨ **Observe.**

**LABEL?**  
**JUDGE?**  
**MEASURE?**  
**CRITICISE?**

⑩ **The person in front of you is . . . ?**