

Homework

Your homework, before the next session, is to do the following:

Part 1 You Will Not Stop Trying

You will accomplish the changes you want by never giving up. From this moment on there will be Victories you will celebrate and Lessons from which you will learn. There are no failures because you can only fail when you give up trying and learn nothing from your experience. **You will NEVER give up.**

**You are learning a skill.
Persistence matters more than perfection.**

You will be asked to talk about the Victories and Lessons when we next meet.

Part 2 Define the ideal version of yourself.

On paper write up the ideal version of yourself in the following way:

- Define three beliefs that the ideal version of you would believe.
- Define three daily habits the ideal version of you would do.
- Define three things that are non-negotiable for this ideal version of you.

You are to write these up and email them to me prior to our next meeting. Take your time. Do not be hasty. Give these as much thought as you need.

Example

Three Beliefs

1. My confidence comes from a deep understanding that I'm safe and everything is going to be all right.
2. My sense of security comes from having a vast and diverse network of family, friends and associates I connect with.
3. Life is fun and enjoyable even in its most challenging moments.

Three Daily Habits

1. Health - I prioritize sleep, diet, and exercise. I sleep at a specific time. I focus on healthy foods. I exercise strenuously five to seven days a week.
2. Meditation - I practice meditation for 1 hour a day.
3. Self-improvement - everyday I patiently organize my life, my time and my environment to reflect and encourage how I want my mind to function.

Three Non-negotiables

1. My body, mind and environment are tools, I do not compromise them.
2. I will make no person, of any status, feel greater or lesser than me.
3. I will celebrate every victory, no matter how small, and learn from everything I experience. There is no failure, only lessons I can learn.