

TRANSFORMATION SERIES | WEEK 3

Monday

What is your gift when it comes to connecting? How do you help people feel connected? Practice this once today.

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TRANSFORMATION SERIES I WEEK 3

Tuesday

Mindfulness exercise: Think of a time you disconnected recently, a time where you felt lonely, negative, small, doubtful. What happened and what did you tell yourself about what happened? Share it with a friend in the group.

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Wednesday

Focus on a time when you felt completely connected. Full, happy, alive. What did it feel like in your body? Visualize moving through your day today with that feeling.

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Thursday

Pick one thing you want to transform in your life - an attribute internally. We learned this week about sur mei ra (turning away from the bad) ve assei tov (and toward the good). Pick one small baby step that would create some distance or control of the negative implication of that attribute and one small baby step that would bring you closer to it's counterpart in the world of connection. Eg anger -- take a time out of 1 minute when I notice I'm getting frustrated and work on tolerating when things don't go my way -- patience.

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