

## Home Play for this week

ACTIONS TODAY...	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
<b>Become a Spiritual Scientist</b>																												
I woke up noticed I was breathing dominantly through my L/R nostril?																												
Forward bowing meditation, I thought about all the things I'm grateful for																												
I eat (list # _) nutrient-dense meals and snacks (Check Amy's recipes)																												
I made decisions within 9 sec (Dip stick worksheet below)																												

This week begin to explore your mind, notice which is more dominant Dip - Stick Decision Making - Begin Quickly Listing Out All the Pros and Cons		
Topic - List ALL Pro's (Positive Expansive Mind)	Neutral (Meditative Mind)	Topic - List ALL Con's (Negative Protective Mind)
	Centered Soul Mind Reviews both sides "Win-Win" Attitude Neutral Mind is the Exact Balance Between Postive & Negative Mind	