



10 Tips for Growth and Change

Experiment with one (or more!) of the below and see how you are impacted.

1 - Try something new.

Ask yourself, "What's the worst that can happen?" and be realistic with your answers. If it's worth the risk (and often it is), go for it!

2 - Minimize your expectations.

"What screws us up most in life is the picture in our heads of what it's supposed to be." Keep those assumptions in check.

3 - Realize that everything is temporary.

Everything is impermanent, and nothing lasts forever. It's a bummer that joy won't last, but on the bright side, neither will suffering.

4 - Put down your phone.

Take a break from technology. Challenge yourself to look at your phone only at the top of the hour, or commit to a week without social media or television.

5 - Find your flow.

"Flow" occurs when we engage in voluntary, enjoyable activities that require skill and have clear goal markers towards success. These activities make us feel like we have control and provide us with immediate feedback on our progress. Examples include knitting or working a jigsaw puzzle.

6 - Look back a little.

Have any old photographs of yourself? Dig them out and have a look. This can put your life continuum into perspective by reminding you where you come from, how far you've come, and where you would still like to go.

7- Silence your Inner Tyrant.

Pay attention to the tiny - almost subliminal - messages you tell yourself and simply write off as "fact." Is your inner voice kind or a harsh critic?

8 - Sorry, not sorry.

Notice how often you apologize. When you focus your awareness on this, you might find you apologize to inanimate objects, for things you haven't done, or even for nothing at all. If this sounds like you, practice not saying "sorry" when you don't mean it. What happens for you?

9 - Commit to one small action.

What's a small behavior that's in line with your values? For example, if you value kindness, try inserting coins into a stranger's parking meter or allowing the person behind you at the grocery store to cut ahead of you in line.

10 - Write a mission statement.

A mission statement consists of a few sentences that are clear, simple, and brief, and which communicate what you believe are your "reasons for being." Once you've written yours, you might choose to keep it on hand as a daily reminder to intentionally incorporate your purpose into daily living, or you may choose to put it somewhere safe to revisit at a later time and see whether your personal beliefs have changed. Either way, this is a valuable exercise.