

TRIAL WEEK – DAY 1 - MORNING CONTEMPLATION

SELF-IMAGINATION QUOTE:

"Imagination is everything. It is the preview of life's coming attractions."
– Albert Einstein

SUGGESTIONS FOR GETTING THE MOST OUT OF THIS PROCESS:

1. LISTEN TO THE AUDIO FOR TRIAL WEEK
2. LISTEN TO YOUR MORNING CONTEMPLATION AUDIO EACH DAY, AND READ YOUR JOURNAL ACTIVITY
3. END YOUR DAY WITH JOURNALING TIME
4. LISTEN TO EVENING CONTEMPLATION AUDIO

MORNING CONTEMPLATION TIME INSTRUCTIONS:

Set aside 20 minutes each morning for your morning contemplation. This should be considered “me” time and should be without interruptions and away from distractions. It should be somewhere that you can be comfortable. Be sure to wear comfortable clothes. You should be seated on a pillow on the floor or in a chair. If your back needs support, then make sure you have a wall or the back of a chair to support you. This is about being comfortable.

As you settle in, are seated, feet flat on the floor and legs uncrossed if you are in a chair. Back upright (no slouching). If you are on the floor you can sit crossed legged or with your legs extended and uncrossed, back against a wall for support if you need it. Again, the point is to be comfortable.

Take the first five minutes to settle into your body. First notice your breathing. It should be deep and regular. You should feel your stomach move in and out with each breath. If you are breathing shallowly and only in your upper lungs, make it a point to breath more deeply and slowly allowing your stomach to move in and out with each breath.

Notice where any discomfort is in your body. If your shoulders seem stiff, slowly stretch them out by moving your shoulders forward and then back. If your neck feels stiff, gently and slowly move your head from side to side and bend it forward and backward slowly stretching the neck muscles. If your legs feel stiff, gently shake them out and reposition them. Give yourself five minutes to stretch, shake, and notice where stress and discomfort are. At the end of five minutes, settle into a quiet resting position breathing deeply.

For the next ten minutes, contemplate the quote for the day. Allow thoughts to come and go around the quote. Anything is fair game, however the point is not to dwell on any one thought more than any other. Be like an observer and watch your thoughts, noticing them, but not engaging. If your mind wanders, bring it back to the quote. If nothing comes to mind, read the quote again, and again sit quietly and watch your thoughts come and go. If your mind wanders from the quote, bring your mind back to it.

At the end of the ten minutes, check in with your body again and see where the tension or stress is and gently stretch and shake it out again. That's the morning contemplation for day 1 of SELF-IMAGINATION.

SELF-IMAGINATION QUOTE:

"Imagination is everything. It is the preview of life's coming attractions."
– Albert Einstein

TRIAL WEEK - DAY 1 - END OF DAY JOURNALING:

Today you will be writing freely about SELF-IMAGINATION and what it means to you. Similar to the morning contemplation, this is “me” time. You should set aside at least 15 minutes to do this exercise. Your journaling should be done somewhere quiet and removed from distraction and interruption. You should be comfortable and able to be relaxed and write. Have extra paper handy, if you need it so that you can write as much as you want or need to.

Using this page, start write down everything that comes to mind as you contemplate the quote for the week and SELF-IMAGINATION. Don't worry about spelling or punctuation, or complete sentences, simply write.

SELF-IMAGINATION QUOTE:

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– Albert Einstein

TRIAL WEEK – DAY 2 - MORNING CONTEMPLATION:

SUGGESTIONS FOR GETTING THE MOST OUT OF THIS PROCESS:

1. LISTEN TO YOUR MORNING CONTEMPLATION AUDIO EACH DAY, AND READ YOUR JOURNAL ACTIVITY
2. END YOUR DAY WITH JOURNALING TIME
3. LISTEN TO EVENING CONTEMPLATION AUDIO

MORNING CONTEMPLATION TIME INSTRUCTIONS:

Do the same relaxation exercise that you did during your Day 1 Morning Contemplation. Relax into your body noticing where the stress and discomfort is and gently and slowly stretch and shake it out for the first five minutes, then settle in to quietly sitting, breathing deeply.

Today you are going to explore the self-talk that you engage in around SELF-IMAGINATION. What are some of the things that you are telling yourself about SELF-IMAGINATION? What have you been taught in your life about imagination and how to trust it or not trust it? What did parents and teachers tell you about dreaming, imagination and planning for your future? How important was realizing their dreams to the people in your life and how did that influence you?

Perhaps you had a teacher who told you to “dream big” and supported you in exploring your potential. Or you might have had a sibling who constantly poked fun at you and made you feel that you could never be as good as them, or as smart. You might have had a friend who wanted to partner with you on a project and who valued your insights, thoughts, and ideas. These are all events that have shaped how you imagine and what you allow yourself to strive for.

Review the internal dialogue and influencers in your life and how dreaming and imagining either did or did not play a role in that influence and why. Be sure and notice how this internal dialogue makes you feel. Do you relax into it, or are you bothered by it?

Connect with how you felt because of this self-talk. Energized? Drained? Empowered? Defeated? As you connect with the imagery and the memories also connect with the feelings that those images and those experiences created. Spend 10 minutes reviewing the events and scenarios that shaped the way you dream and imagine, and the way you choose to act or not to act on those aspirations. Become mindful of the influencers in your life and how they have helped to shape the way you engage around imagination and visioning your future.

At the end of the ten minutes, check in with your body again and see where the tension or stress is and gently stretch and shake it out again. That's the morning contemplation for day 2 of SELF-IMAGINATION.

SELF-IMAGINATION QUOTE:

"Imagination is everything. It is the preview of life's coming attractions."
– Albert Einstein

TRIAL WEEK - DAY 2 - END OF DAY JOURNALING:

Today you will be journaling about your self-talk around SELF-IMAGINATION. Revisit the scenarios you played out for yourself during your morning contemplation. Who were the influencers in your life that helped to shape how you engaged with imagination? How did the way you engage with your imagination change over time? How did it change? Why did it change? How did your imagination serve you as a child? How did your imagination serve you as an adolescent? How is your imagination serving you now? Are you fully engaging your imagination as a key creative force in your life? If no, why not? If yes, how, and when? Spend at least 10 minutes journaling about your self-talk around SELF-IMAGINATION.

TRIAL WEEK – DAY 3 - MORNING CONTEMPLATION:

SELF-IMAGINATION QUOTE:

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– Albert Einstein

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1. LISTEN TO YOUR MORNING CONTEMPLATION AUDIO EACH DAY, AND READ YOUR JOURNAL ACTIVITY
2. END YOUR DAY WITH JOURNALING TIME
3. LISTEN TO EVENING CONTEMPLATION AUDIO

MORNING CONTEMPLATION TIME INSTRUCTIONS:

Do the same relaxation exercise that you did during your Day 1 Morning Contemplation. Relax into your body noticing where the stress and discomfort is and gently and slowly stretch and shake it out for the first five minutes, then settle in to quietly sitting, breathing deeply.

Day 3 contemplation is about imagining what you would create for yourself and your highest good given that there were no limitations, and then looking at your “command performance” scenarios that are all about here and now and seeing where your imagined highest good outcomes fit or don’t fit, compliment or don’t compliment.

Spend five minutes thinking about what it would be like if you were living your ultimate life and realizing your highest good. What would you be doing? Who would be a part of it? How would you feel? How would others feel around you? Where would you be, what location? What would that look like? How would the location feel? What would be your optimum life balance? Why? What would it look like and how would you engage? How would you feel?

After five minutes of really wrapping your mind around what you imagine for yourself, take a look at your life right now. Given your current circumstances what are the events, scenarios, people that are what I call your “command performance” elements of your life. These are the things in your life that have to be a part of your life as of right here and right now. These might include your job/career, your family, your friends, where you’re living, your hobbies or interests. Take five minutes to review your current life and identify the “command performance” elements of it.

Simply notice, as you are identifying the “command performance” elements of your life, which ones are in alignment with your highest good and which ones aren’t. Examine each “command performance” piece and hold it up against your imagined highest good scenario and simply notice where there’s a fit and where there isn’t.

At the end of this contemplation process, check in with your body again and see where the tension or stress is and gently stretch and shake it out again. That’s the morning contemplation for day 3 of SELF-IMAGINATION.

TRIAL WEEK - DAY 3 - END OF DAY JOURNALING:

SELF-IMAGINATION QUOTE:

"Imagination is everything. It is the preview of life's coming attractions."
– Albert Einstein

Day three's journaling is all about taking a look at your current "command performance" elements in your life and seeing where they fit or don't fit and asking yourself why that is. In your morning contemplation I described the "command performance" parts of your current life as the events, scenarios, people that are necessary to your life right now. These might include your job/career, your family, your faith, your friends, where you're living, your hobbies or interests. As you journal, identify each "command performance" element in your life and make a note as to how each aligns or doesn't with what you imagine as your highest good.

TRIAL WEEK – DAY 4 - MORNING CONTEMPLATION:

SELF-IMAGINATION QUOTE:

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– Albert Einstein

SUGGESTIONS FOR GETTING THE MOST OUT OF THIS PROCESS:

1. LISTEN TO YOUR MORNING CONTEMPLATION AUDIO EACH DAY, AND READ YOUR JOURNAL ACTIVITY
2. END YOUR DAY WITH JOURNALING TIME
3. LISTEN TO EVENING CONTEMPLATION AUDIO

Do the same relaxation exercise that you did during your Day 1 Morning Contemplation. Relax into your body noticing where the stress and discomfort is and gently and slowly stretch and shake it out for the first five minutes, then settle in to quietly sitting, breathing deeply.

Today you're going to spend 10 minutes exploring your thoughts and feelings around money.

What are the stories that you tell yourself around money? Who were the influencers in your life when it comes to money and why? What are your feelings when it comes to money? As you think about the influencers in your life, how did they teach you to act and feel about money? When you think about buying something what are the things that you say to yourself? How does your self-talk around money make you feel?

For example, I might tell myself that I deserve that new sweater, and I go out and buy it. I end up wearing it once. I decide I don't really like it as much after all, and I feel guilty about having spent good money on something I don't wear. I beat myself up with self-talk and try to make myself feel better by giving it to charity so that it serves "a good cause." This is something that is recurring in my life. My parents were always reminding me of the "starving children in China" and I was expected to choose wisely, invest well, and not be wasteful – all of which I DIDN'T do when I bought the sweater.

The above scenario would be an energy draining one, as I ended up falling short of what I was taught about money. Despite being energy draining, it is likely that scenarios like this play out again and again in all of our lives. What is your self-talk around money and how does it make you feel? Meditate on your self-talk and examine its consequences.

At the end of this contemplation process, check in with your body again and see where the tension or stress is and gently stretch and shake it out again. That's the morning contemplation for day 4 of SELF-IMAGINATION.

TRIAL WEEK - DAY 4 - END OF DAY JOURNALING:

SELF-IMAGINATION QUOTE:

"Imagination is everything. It is the preview of life's coming attractions."
– Albert Einstein

JOURNALING INSTRUCTIONS:

1. Write about what money means to you. How do you feel about money? What do you imagine for yourself?
2. Describe your self-talk around money. How does your self-talk around money make you feel? What do you imagine for yourself? What sort of self talk might you consider engaging in that would support what you imagine for yourself?
3. Identify something that happened to you recently around money that either was an energy drain, or an energy renewing experience. What about this experience can you keep as a “take away” that is a learning or a validation of your self-imagination?

TRIAL WEEK – DAY 5 - MORNING CONTEMPLATION:

SELF-IMAGINATION QUOTE:

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– Albert Einstein

SUGGESTIONS FOR GETTING THE MOST OUT OF THIS PROCESS:

1. LISTEN TO YOUR MORNING CONTEMPLATION AUDIO EACH DAY, AND READ YOUR JOURNAL ACTIVITY
2. END YOUR DAY WITH JOURNALING TIME
3. LISTEN TO EVENING CONTEMPLATION AUDIO

Do the same relaxation exercise that you did during your Day 1 Morning Contemplation. Relax into your body noticing where the stress and discomfort is and gently and slowly stretch and shake it out for the first five minutes, then settle in to quietly sitting, breathing deeply.

Day five morning contemplation is about relationships. Think about the people who have been influencers in your life: those who influenced your childhood, those who influenced your adolescence, and those who influence your adulthood. Think about the roles that influencers have played in your life both good and bad. As you mentally revisit each person what did they do? How did they make you feel? What do you still carry with you from what they taught you? Why?

Take a look at what your self-talk is around relationships. What stories do you tell yourself around friendship, love, family, and strangers? Why? Where did those stories originate? What influences have shaped the stories you tell yourself?

For example: I might tell myself that I like being in a love relationship with someone, but the best relationships are those where the person I'm in love with loves me more than I love them. When I look at why I think this, I realize that was a story that my Mother told me about my Father and that it resulted in a very happy and long marriage. She was a key influencer in my life, so I came to value that balance in a relationship.

The above scenario would certainly limit who I might be in a love relationship with. If my highest good that I imagine for myself includes this scenario then I might not want to change it, but if I have a bigger, more inclusive dream for myself when it comes to a love relationship, I might want to explore the validity of this self-talk.

Take the time during this morning contemplation to visit the past and present relationships in your life and look at what lies behind them. Why are you in this relationship? How does it affect you? Is it in alignment with what you imagine for yourself? If not, why not?

At the end of this contemplation process, check in with your body again and see where the tension or stress is and gently stretch and shake it out again. That's the morning contemplation for day 5 of SELF-IMAGINATION.

TRIAL WEEK - DAY 5 - END OF DAY JOURNALING:

SELF-IMAGINATION QUOTE:

"Imagination is everything. It is the preview of life's coming attractions."
– Albert Einstein

JOURNALING INSTRUCTIONS:

1. Write about what relationships mean to you. How do your relationships make you feel? What do you imagine for yourself?
2. Describe your self-talk around relationships. How does this self-talk make you feel? What sort of self talk might you consider engaging in that would support what you imagine for yourself?
3. Identify something that happened to you recently regarding a relationship that either was an energy drain, or an energy renewing experience. What about this experience can you keep as a "take away" that is a learning or a validation of your self-imagination?

TRIAL WEEK – DAY 6 - MORNING CONTEMPLATION:

SELF-IMAGINATION QUOTE:

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SUGGESTIONS FOR GETTING THE MOST OUT OF THIS PROCESS:

1. LISTEN TO YOUR MORNING CONTEMPLATION AUDIO EACH DAY, AND READ YOUR JOURNAL ACTIVITY
2. END YOUR DAY WITH JOURNALING TIME
3. LISTEN TO EVENING CONTEMPLATION AUDIO

Do the same relaxation exercise that you did during your Day 1 Morning Contemplation. Relax into your body noticing where the stress and discomfort is and gently and slowly stretch and shake it out for the first five minutes, then settle in to quietly sitting, breathing deeply.

Today you're going to spend 10 minutes contemplating your job/career and what it means to you. What about your work do you love or find attractive or interesting? Why? What about your work don't you like, or could you do without? Why? How do you feel about what you do for a living? Does it align with what you imagine for yourself? As you are doing your current work, what feelings come up? How do you want to feel when you imagine yourself doing the work that serves your highest good?

For example: Let's say I work in an office environment in the finance department of a company. I went to school for accounting, and I like the ledger and budget part of the work that I do, but I don't like the collections side of the work that I am doing. When I am doing the ledger and budget work I feel in control of the outcome. I don't like the collection part of what I do because I have to deal with people, and these are usually people who don't seem to have a grasp on numbers and budgets and payables and timeliness. It's always the same people and they always behave the same way. I'm asked to make commitments to my leadership around collections and I'm dependent on customers who fail to live up to their commitments. I often feel frustrated, angry, not in control, taken advantage of, disrespected and disliked.

In this scenario I have painted the non-paying customers I deal with as my nemesis. They are the enemy and I can't win. If what I imagine for myself is a work environment where I am respected, liked, and able to do the work I set out to do, I might want to take a look at where those conclusions about my non-paying customers came from. What influencers in my life have lead me to believe that failure to be a good money manager constitutes failure to be a trustworthy or likable person?

What stories do you tell yourself when it comes to your job/career? What stories did the influencers in your life teach you about work? How do the stories that you tell yourself align with what you imagine for yourself?

At the end of this contemplation process, check in with your body again and see where the tension or stress is and gently stretch and shake it out again. That's the morning contemplation for day 6 of SELF-IMAGINATION.

TRIAL WEEK - DAY 6 - END OF DAY JOURNALING:

SELF-IMAGINATION QUOTE:

"Imagination is everything. It is the preview of life's coming attractions." – [Albert Einstein](#)

JOURNALING INSTRUCTIONS:

1. Write about what your work/job/career means to you. How does your work make you feel? What do you imagine for yourself?
2. Describe your self-talk around your work/job/career. How does this self-talk make you feel? What do you imagine for yourself? What sort of self talk might you consider engaging in that would support what you imagine for yourself?
3. Identify something that happened to you recently regarding your work/job/career that either was an energy drain, or an energy renewing experience. What about this experience can you keep as a "take away" that is a learning or a validation of your self-imagination?

TRIAL WEEK – DAY 7 - MORNING CONTEMPLATION:

SELF-IMAGINATION QUOTE:

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SUGGESTIONS FOR GETTING THE MOST OUT OF THIS PROCESS:

1. LISTEN TO YOUR MORNING CONTEMPLATION AUDIO EACH DAY, AND READ YOUR JOURNAL ACTIVITY
2. END YOUR DAY WITH JOURNALING TIME
3. LISTEN TO EVENING CONTEMPLATION AUDIO

Do the same relaxation exercise that you did during your Day 1 Morning Contemplation. Relax into your body noticing where the stress and discomfort is and gently and slowly stretch and shake it out for the first five minutes, then settle in to quietly sitting, breathing deeply.

We are going to close this week of contemplation with a final exercise around your belief and engagement with God/source/creator. What are your feelings about God/source/creator? Who are the influencers in your life that helped shape your beliefs when it comes to God/source/creator? What do you do to connect with your God/source/creator daily, weekly, monthly and yearly? What role do you see your God/source/creator playing in your life and why? Do your current beliefs and practices around God/source/creator align with your imagination of your highest good? Why or Why not?

For example: I might have been raised to think that the purpose of God/source/creator centered around my church and its congregation and leadership. I have always focused my giving and faith based engagement around this. What I imagine for myself is a life where I am able to demonstrate true compassion and acceptance of others while still holding true to my personal beliefs and practices. My church has no outreach program, no missionary work and little community work and those are all things that I see as being a part of my highest good. I find myself feeling frustrated with the limited work of the church, and I feel that there should be more, however my Mother and Father taught me that it's important to be one of the "sheep" of the flock and follow the leadership and not make waves.

In this life story I have expectations of my church fulfilling all of my spiritual/faith based needs. Is this realistic? Is it fair to expect particular organizations or people to meet all of my needs? What happens when I draw the line in the sand that says, "all or nothing?" Where did these expectations come from? Is my approach empowering or disempowering? These are all questions I need to be asking myself as I contemplate this scenario and hold it up to what I imagine for myself.

What stories do you tell yourself when it comes to your God/source/creator? What stories did the influencers in your life teach you about this? How do the stories that you tell yourself align with what you imagine for yourself?

At the end of this contemplation process, check in with your body again and see where the tension or stress is and gently stretch and shake it out again. That's the morning contemplation for day 7 of SELF-IMAGINATION.

TRIAL WEEK - DAY 7 - END OF DAY JOURNALING:

SELF-IMAGINATION QUOTE:

"Imagination is everything. It is the preview of life's coming attractions." – [Albert Einstein](#)

JOURNALING INSTRUCTIONS:

4. Write about what God/source/creator means to you. How do you feel when you are focused on God/source/creator in your life? What do you imagine for yourself and your relationship with God/source/creator?
5. Describe your self-talk around you and your relationship with God/source/creator. How does this self-talk make you feel? What do you imagine as your ultimate relationship with God/source/creator? What sort of self talk might you consider engaging in that would support what you imagine for yourself?
6. Identify something that happened to you recently regarding God/source/creator in your life that either was an energy drain, or an energy renewing experience and write about how it impacted you and why. What about this experience can you keep as a "take away" that is a learning or a validation of your self-imagination?