

FORGIVE
THE ULTIMATE PRACTICE

"In order to gain traction, you must have a cycle. Every day."

Date _____

Focused Faith

Our working definition of faith is a complete, unwavering trust in someone or something. Faith is complete and without any doubt. Pay attention to your belief in yourself, your dreams and aspirations throughout the course of your day. Notice when, where and why doubt creeps into your mind. To hold focused faith, reflect on success quotes, read book passages or develop a motivating mantra. Make faith reflections a daily, steady diet. Keep notes in the note section provided here. Review the notes five times today.

Vision	Clarity	Gratitude

Food

Food is any life-sustaining substance that people or animals eat or drink, or that plants absorb, in order to maintain life and growth. Because today's humans consume an incredible diet of information, we will add mental food here for consideration in the practice of forgiving.

Throughout the course of your day, pay particular attention to what, why, when, where and how you consume both "food" and information. Make notes of what you eat on the practice sheets. Whether it is food or information you're eating, the adage "you are what you eat" is very informative. Pay more attention to why you consume what you consume - both food and information. Are you on auto-pilot, simply putting anything down your throat? Are you on auto-pilot, allowing anything into your mind.

Vision	Clarity	Gratitude

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Forgiving

Forgiving is a means of integrating all experience into powerful innovation. The practice of forgiving requires an optimistic and inquisitive approach to every moment in life. Forgiving creates newness. Forgiving creates infinite possibilities. Forgiving is a practice that will challenge many thoughts, words, actions and reactions that so often pass into our lives and present themselves as "normal." Forgiving assumes one thing is normal: change. Change is relentless. For that reason, forgiving must be relentless as well. Forgiving is as profound as it is practical. It unlocks internal prisons and creates new connections to unlimited energy. When we consistently seek more, we find more. Forgiving is freedom.

Forgiving is a constant meditation. It's not something you put aside time for; it's something you do with your every waking moment. Watch your thoughts. What are you thinking at work, about work and about co-workers? What do you feel with a stranger's glance? What limitations and goals are you setting while you exercise? What are you eating, watching or reading that you could do without? All of life's moments are up for consideration in the practice of forgiving.

Vision	Clarity	Gratitude

Fitness

Fitness refers to the state of one's overall condition. The condition includes physical, mental, emotional and spiritual. Another name for fitness is "readiness." How ready is your body? How ready is your mind? Ready for what, you ask? Ready to see and move into new life opportunities. Ready to receive and grow into new states of being. Are your body and mind conditioned to resist sickness? Are your mind and body able to sustain heavy weight and increasingly challenging ideas? This is fitness.

Optimal fitness demands engaging physical and mental exercise. Exercise in both of these areas is a means to stretch and strengthen muscle and mind. Establish regular physical and mental "rituals." Practice reading new ideas. Schedule travel. Stretch your body and mind daily. Lift weights. Practice yoga. Walk. Jog. Learn new techniques. Consult a doctor or health practitioner if necessary. But be the authority on your unique temple. Log your progress. Every mind and body is different and everybody's fitness level is different. Know thyself.

Vision	Clarity	Gratitude