

Gentle Nudge

#56

A discovery exercise for
living your life's dream today

Start with some aspect of your dream.
Pick any one small part of it.

This dream topic will be your life's measure for one week.

Set your alarm to go off at six irregular intervals during
the day.

Stop your current activity and ask yourself these questions:

What am I doing?

What am I thinking?

What am I feeling?

What is the best part of myself that I am using right
now?

Am I fulfilling a purpose?

Do I love what I am doing?

Would I prefer to be doing something else?

And finally: What is the relationship between this current
activity and my chosen dream topic for this week?

My dream:

My dream topic for week :

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What am I doing?

What am I thinking?

What am I feeling?

What is the best part of myself that I am using right now?

Am I fulfilling a purpose?

Do I love what I am doing?

Would I prefer to be doing something else?

What is the relationship between this current activity and my chosen dream topic for this week?

Reflections:



SAMPLE ---- Gentle Nudge #56

My dream:

Stay Healthy!

My dream topic for week 2 :

Maintain healthy weight

What am I doing?

Working on computer

What am I thinking?

Work stuff, enter data right

What am I feeling?

A little tired and frustrated

What is the best part of myself that I am using right now?

Stamina, and wanting to complete things

Am I fulfilling a purpose?

Yes, meeting a deadline

Do I love what I am doing?

Yes, creating a new file system

Would I prefer to be doing something else?

Maybe moving more, getting stiff and sore

What is the relationship between this current activity and my chosen dream topic for this week?

None. But I'm drinking soda for the caffeine. I need to stop that. Or burn more calories, maybe?

Reflections:

Take more breaks. Stretch or dance. Look into standing somehow while working, so I can burn more calories, at the counter maybe?

