

Eric's Growth

90 Day Quest: 8/14/23-11/21/23

Day 1- 8/14

+Off phone by 9:45pm and lights out, falling asleep by 10pm

(I already go to sleep around this time, but also go through periods of staying up later, which results in late wakes up and/or lower energy, affecting focus and enthusiasm. My intention is 90% follow through)

+Increased lat pull down station to Level 9, 10, and 11

(When I started doing this exercise last year, I started at Level 7 and could barely do Level 9. Last month or so I've been doing Level 8, 9, 10)

+As fall asleep think back on 7 highlight moments from my day

(This is something I do quite often, but now and then I just fall asleep too fast or skip it. I recommitted to seven nightly. What struck me as I thought back on my day is how many of these 'highlight moments' were just quick shared moments of laughter, connection and love with someone. Only a couple had to do with little personal wins like increasing my lat pulldowns)

Day 2- 8/15

+In morning at end of my cold shower, ask 2 questions and give 3 answers to "What do I love and deeply appreciate about my life just the way it is?" and "What is in the process of manifesting in my life today, right now, that I'm so excited about?"

(Every morning in the shower I say some affirmations and try to do so with feeling. Usually I say as a statement 'There are so many things I love and appreciate about my life just the way it is and I'm so excited about what is coming my way.' But I have found that actually phrasing these as questions

that I ask myself with feeling and then answering with feeling takes it to a whole new level)

+Make sure to have at least 3 big laughs during the day

(Life can get kind of serious, being an adult can turn into serious business. This is a reminder from two sources that inspired this to make sure to bring laughter and light-heartedness to each day - at least for a moment, a few times. Look for reasons to enjoy, share, facilitate a big, satisfying laugh)

+End my morning meditation with seven higher thoughts

1. *I am a spiritual being having a human experience*
2. *I am one with the unified field of consciousness and therefore all of life*
3. *My true nature is oneness, love, wisdom, deep knowing, bliss*
4. *I am a powerful creator with my inspired thoughts, words, and actions aligned*
5. *Today, I am committed to being a presence of love, feeling calm, and following my bliss in service to those around me and the greater good*
6. *I am now drawing to me all that I need to live my highest and best life*
7. *Life is unfolding in a beautiful way for me and those around me. I trust Life and the process as I do my part. All is well. All is well. All is well.*