

September DIY Exercise

KEY: PAY ATTENTION

Everyone loves a beautiful garden. Keeping it that way takes work and maintenance. This means being vigilant for weeds and other invasive garden killers. Weeds can suck all the water and nutrients out of the soil, making life harder for the plants we actually want to grow, and sometimes, even killing your entire garden. Weeds just show up uninvited and take over the garden, leaving you with a tangled mess. This is the same thing that happens in our minds. Many of us spend time pulling weeds or applying weed killer to our gardens, but few of us remember to pull or kill the weeds in our minds.

BARRIER EXERCISE: KILLING WEEDS

For this exercise think of your mind as a garden. Weeds are the negative thoughts, habits, beliefs, patterns, etc. that creep into our mind, causing havoc in our mental garden and preventing us from breaking thru our barriers.

Your goal is to break thru the weeds (barriers) in your mind to have a weed (barrier) free garden, so you can grow and nourish the plants you desire.

Identify the weeds (barriers) in your mind and recognize how you nourish them (recurring habits and patterns, relentless and scattered chatter, negative voices and self-talk, doubts, excuses, quitting or giving up, telling your victim story, indecision, judging others and ourselves, poor time management, self-sabotage, feelings of inadequacy and unworthiness, etc.)

Identify your barrier free garden: What is it that you want to grow, develop, nurture or replace the weed with? What can you do to contribute to the growth of your new plant?

Prune your garden: Describe how the weeds are preventing you from breaking through your barriers? Create a process and or practice with at least three ways you can pull your mental weeds and clear the way for a barrier free garden OR barrier breaking growth. Example: Review some of the earlier exercises and practices you've completed, such as Mindfulness, Denials, Fasting, using your Sugar Jar. We strongly encourage you to come up with your own practices and processes that will work for you and your mental garden.

Check off each step in the process/practice as you complete it. Now begin killing your weeds!

Tend to your garden: How can you observe and be aware of the weeds while choosing to not react, respond or give them an opportunity to take root? How can you keep your mind fertile and healthy?