

## EXERCISE: A CHOCOLATE A DAY IS ALL IT TAKES

If you have not done so already, it is time to pick one pebble from this book and try to put it into action in your everyday life.

### Step 1

Buy a box of your favorite chocolate (or similar treat), enough for seven days.

### Step 2

Choose one exercise, meditation, or activity from this book that you would like to put into practice. Begin by putting a  $\checkmark$  next to items you might want to try and an X next to things that do not appeal to you right now. Then, rank order your three favorites by putting 1, 2, and 3 next to them.

- Chocolate meditation no. 1: mindfulness, eating meditation using chocolate
- Mindfulness meditation with a breath focus (1 to 5 minutes)
- Dishwashing, walking or daily activity meditation
- Crazy wisdom: placing a piece of chocolate somewhere surprising each day
- Crazy wisdom: a dose of daily play
- Crazy wisdom: a koan a day keeps (in)sanity at bay
- Compassion meditation no. 1: loving-kindness
- Compassion meditation no. 3: stranger, friend, enemy
- I-Thou encounter with a stranger
- Gratitude: find one to five minutes per day to be grateful for the good things in your life.
- An original idea that came to you: \_\_\_\_\_

### Step 3

Tell someone that you are committing yourself to doing this activity and see if they will join you in your new activity and/or put a reminder in your favorite digital device.

#### **Step 4**

Put the chocolate or reward somewhere you can see it. It will be your reminder to do your task. *You may have a chocolate only if you complete your task.* Consider it bribery or inspiration; I do not care which. Just keep your promise to have a chocolate only if you complete your task. Obviously, if chocolate does not motivate you, you should find a good substitute that will work for you. If you have a child or partner, you may want to get two chocolates per day; they can have their only if you do your exercise. Sometimes it helps to have those you love “invested” in your success.

#### **Step 5**

Do it.

#### **Step 6**

Once this task seems well integrated into your life, perhaps two to three weeks, add the next one. Act. Snack. Repeat. Continue until you are the one telling your friends about the difference between ordinary and extraordinary happiness.