

SESSION 6

CONTRIBUTE, THRIVE & FLOURISH



Exercise 1

Stream of Consciousness

Try this for one week:

1. Keep a stream of consciousness journal, beginning when you wake up.
2. Write things down exactly as they occur to you, without editing or censoring them.
3. Write as quickly as you can, to shortcut your internal critic.
4. What you write doesn't have to make sense.
5. As you review your journal at the end of the week, sense will surface.

Exercise 2

Contribute, Thrive and Flourish @maxhotels

Try this for one week:

1. Find out who you can serve right now.
2. Challenge your belief that this isn't possible.
3. Find out what makes you compassionately frustrated. What would you like to change for the better?
4. Don't be afraid to take a risk.

Remember that the pain you see in the world is the opportunity to serve. The more you serve the more life serves you!