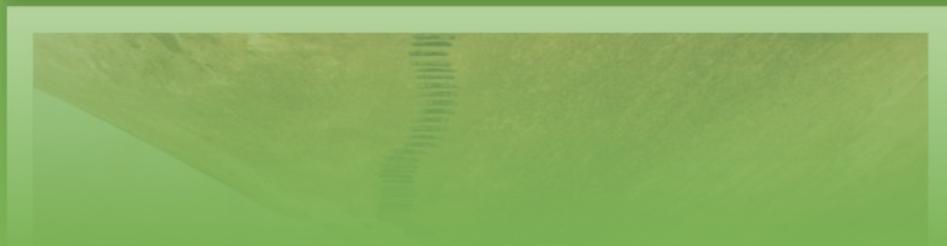
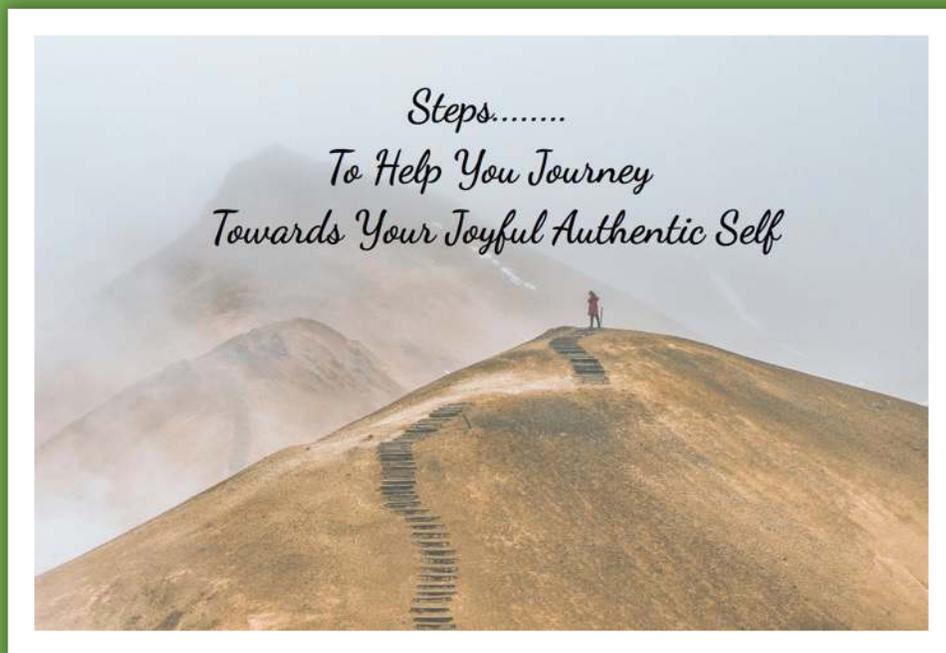


MODULE TWO

Stepping Stone 19

Re-Claim Your Life By Living Consciously



Re-Claim Your Life by Living Consciously

Do you sometimes feel like you're just going through the motions? You get up, go to work, come home, have dinner, watch television, and go to bed. The next day, the routine starts all over again.

But what if you could become more connected with your own experiences?

You'd enjoy life more, feel happier and more content, and have more control over your life. By living consciously, you can get back your life!

What Does it Mean to Live Consciously?

Living consciously involves re-gaining control over your life. Rather than doing something automatically and with no real thought, you'll ponder what you want to do and how you want to go about it.

Living consciously means you get to see the people you wish to see and take part in the activities you prefer. When you live consciously, you consider what you want to eat and how you want to spend your hour of free time. ***You discover true freedom of choice.***

Living Consciously in Everyday Life

You can see how living consciously ensures you'll have a more fulfilling life. When you check back in to your own psyche, you're in the driver's seat. Sure, you still must arise in the morning, attend work, return home, and dine, but you give yourself more options to choose from in how you go about it.

When you live consciously, you can vary your daily routines or put in something that makes them a little more interesting:

- Maybe you can get up 15 minutes earlier a few times a week to do that exercise DVD you've been wanting to get to.
- Tired of eating cold cereal every day? Mix up your routine by having a piece of fresh fruit and some hot oatmeal or something else you'd like.

- Refresh your evenings by taking a walk after dinner, having a rousing conversation with your partner about something funny from the day, or playing with your kids or pets.

Work

When you get to work, talk to the boss about that project you've really wanted to do. You'll re-kindle your interests and experience the satisfaction that comes with consciously working on projects you desire to do.

As you do your routine tasks, concentrate on what you're doing. Are you doing your best? Have you considered more effective, efficient methods for the tasks or projects at your job? The more you notice what you're doing, the more you can strive to excel at the job.

Living consciously at work can win you promotions.

Free Time

In the evening at home, ponder what you truly want to do. Maybe you want to hang out with the guys in your neighbour's garage for an hour. Or you really want to take up beading jewellery again.

Thinking consciously enables you to discover that you have the control in your life to do whatever it is that brings you joy, pleasure, and contentment.

Putting It All Together

To live consciously is to cease wasting time doing activities you're not really interested in. ***When you make a personal vow to live consciously, you're opening the door to a new, more joyous existence.***

- What do you truly seek?
- With whom do you choose to spend time?

- How can you spend leisure time in ways that re-charge you and bring special joy?
- How can you become more psychologically engaged in your work to increase your performance?
- Are you taking care of your physical self the way you want and obtaining the results you desire?

Your answers to these questions will lead you down the path of conscious living.

Go ahead and take the first step in your journey toward reclaiming your life today.

Say to yourself: "I will live consciously every moment of this day."

Repeat it tomorrow and the day after and embrace the joys of creating the life you desire.

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