

# Plan **B** 10 Steps



## to Centre

“It’s not about how hard you work,  
it’s about your willingness to do it  
for what is on the other side.”

~T.L.



TERESA LINDSAY

# Plan **B** 10 Steps to Centre

- 1) **Sit Still**  
Solve internal questions and turmoil, or simply recharge. Take your 'question' or 'ask' into a moment of stillness and sit with it preferably after you wake. Focus on only moving clouds in your mind. Listen so you can answer yourself. If you have excuses like, "I've got lots to do," think of it this way. It's like wanting to drive your car across country but not having time to fill it with gas. Each day for 30 days.
- 2) **Thankful**  
While in stillness. List 5 things (people or basic comforts) you are thankful for. Big or small.
- 3) **Plan the Outcome of your desires**  
Envisioning is like planning. See the project complete, see the marriage certificate signing, see the kids running on the beach, look out the window of your new home, hold the keys to your first apartment, shake hands with that person to close the deal, feel your tummy toned, see yourself hiking that mountain, see your opening day - all in your mind. Everyday.
- 4) **Object of Wellness & Beauty**  
Notice what is around you that is growing, expanding or alive. Look at the sunrise, what passing birds, see live growing through the cracks of the cement, think of the smile of the person you love, get PRESENT and hold this for a minute to soak it in.
- 5) **Focus on having**  
The above are all positive life desires. To get closer to them, your **WORK** is to remain positive. Think of having them present. Envision driving that new car to work even if you are riding the bus. Don't let go of the thought to being anything but present - IE think the car is in your driveway. **Use your own examples and note them down on a vision board or in your journal.**  
  
TO REMAIN POSITIVE.... means aligning. #Being Equal To.
- 6) **Share with you**  
No one gets in but you. You choose the closest support to share ideas and dreams with only if you know they have no objection and can cheer you.
- 7) **Clean Up**  
Relationship Clean up. Envision the best friend, the best partner, and the best opportunities only! Edit you people contacts.
- 8) **Auditory Input**  
Make your playlist, a selection of music you love with positive lyrics about life and dreams and that makes you want to dance.
- 9) **Visual Input**  
Avoid drama and horror. To be blunt. Your mind's subconscious can't separate it from what's real. You think you are telling yourself it's not real, but only your conscious mind. If you and your partner or kids keep having troubles and you watch dramas together, go boardgames or walk outdoors.
- 10) **Conversations**  
Edit who you are talking to and what you are talking about. Connect to people outside your box.
- 11) **Bonus: MOVE & Repeat**  
Connect your body to your mind and the wires of your human mechanics will fire up!  
Each action breeds the next action. Lazy breeds lazy. Moving and liking Moving means loving moving!

