

## ACTION GUIDE: Clearing Problems and Roadblocks

The goal of this module is to prime the mind for ideas and insights—you need them to overcome roadblocks. To accomplish this, we are breaking out of the box—no exercises! Instead, there are three simple activity requests for this month:

### **Step 1. Have fun in a new and different way**

Do something that is just about joy, laughter and being in the moment. But here's the twist: it must be outside of your usual methods of fun. So, if you normally would read a funny book—no books! If you would normally watch a funny movie—no movies! The goal is to expand into uncharted territories of fun.

### **Step 2. Be more like a child**

This means shifting from your narrative (or default) network into direct experience. Consciously switch from one to the other as you go through your day; also create specific situations where you can be completely present in the moment (e.g. sit outside in nature for five minutes, hug a pet, play with a baby).

### **Step 3. Get more inputs**

Build new neural pathways by breaking out of your ruts (e.g. change up your meals, take a different route to work, mix up your clothing, listen deeply to music you don't like, pick up a book you would normally never read)

