

## A TWENTY-DAY QUICK GROWTH PLAN

(IT IS SUGGESTED THAT EACH BEGIN THIS TWENTY-DAY EXERCISE WHEN WE START WORKING WITH STEPS 10 AND 11.)

Practicing any addiction is self-destructive. It also drove us to harm or destroy others. How can we stop the harmful or self-destructive behaviors which had become our habit? By taking actions to form new habits and by being constructive with ourselves and with others. The intent of this exercise is to begin to move away from the destructive and to incorporate the constructive.

### PUTTING THE PLAN INTO ACTION

You are invited to do the numbered items below for the next twenty days. Do the activity all day. If we do these things, at the end of twenty days we will be different. We will be emitting a positive energy that will attract positive energy to us, and that energy will begin to replace the negatives that our negative liabilities have attracted. This exercise will allow you to practice twenty asset-behaviors. If you do that, you will be a new person and you will love your new SELF. You'll be behaving in a lovable manner and you will honor yourself for that change. So here's the twenty-day schedule that automatically leads us away from self-hatred or self-destructive behavior and into a state of Self-Love:

Day 1: Practice forgiving others, all day long.

Day 2: Consciously catch yourself each time you start to judge someone, and stop. You won't have to worry about forgiving if you don't judge in the first place.

Day 3: Every time you start today to think about yourself, stop.

Day 4: Today - be humble. Say "I don't know" and "I have no opinion about that" and "You may be right," etc.

Day 5: Be modest. Do not talk about yourself even once today. Turn all conversation toward others.

Day 6: Look at yourself honestly and see the improvement already occurring. Like yourself for the progress. Don't beat yourself up if you don't do something perfectly.

Day 7: Be honest all day long, but do not injure others' feelings in the process.

Day 8: Be patient. Let others go ahead of you all day. Today is "let the other driver into your lane" day.

Day 9: Be simple and plain today. Buy nothing as a luxury. Eat modestly.

Day 10: Begin to formulate a financial budget that will allow you to live within your means.

Day 11: All day today, feel satisfied. Sense that what you have is enough. Say it, "I already have enough and am enough."

Day 12: Work diligently today. Put in a full day's effort. If you have no paying work, work out physically, mentally, and spiritually. Take care of yourself.

Day 13: Be early. Leave the house early. Leave extra time for everything. Do not try to put ten pounds of potatoes into a five pound bag.

Day 14: Be direct with people. Tell them what you are feeling, in a pleasant way. Be honest without hurting. Try letting down your "image" and be real in a conversation with someone.

Day 15: Create positive thoughts today. Each time something negative comes to mind, picture something positive. Think of a favorite, beautiful, isolated location and see yourself there. Replace negative thoughts with positive mental pictures and images.

Day 16: Test every thought, word, and deed today to see how sane it is, asking: "Is this thought, word or deed self-constructive or self-destructive?" Seek the opposite thought to see if it might be the sane thought. (Ex.: "I'm going to go in and tell the boss to shove this job." An opposite thought: "I'm going to look for what's good and right about this job" or "I think I'll get another job before I quit the one I

have.")

Day 17: Do not try to control anyone today. Leave everyone alone to have their own growth experience, even if you think it's crazy. Tell no one anything that you think they need to do.

Day 18: Praise everyone you talk to today. Comment on something positive you see in them or their work or their attitude. Find something good to say to them.

Day 19: Be generous today. Give away things all day: your time, your attention, something you value, your place in line. Help someone.

Day 20: Today, be calm and silent. Then, try it tomorrow. Then the next day. Then for a week. Then for a month. Then for a year. Then, ad infinitum. While others practice the freedom of speech that we brag about in the west, practice the freedom of silence that many respect in the east.

Now, a final point. Some ask: "Isn't false-pride, ego, the downfall of humanity?" Yes, "So shouldn't we avoid Self-Love?" some have asked. No! Ego has been our problem all along, but Self-Love is the opposite of ego. Ego loves the false-self-image we had of ourselves in the past. Self-Love is Love of the Real SELF, the Real US that was nothing more than a potentiality that never matured. The Real SELF is what we had the potential to be all along but never realized because of growing up with an insane thought system encouraged by our insane culture. We were destructively driven by three things that the literature tells us to cast aside: ideas (thoughts), emotions (feelings), and attitudes (B.S. or belief systems). The Real SELF, which is lovable, will now begin to shift to the forefront after twenty days of practicing asset-behaviors rather than liability-behaviors. Some will look at these twenty asset-behaviors and call their use "spiritual living." Others will call it "sane living." Whatever. We invite you to forget all labels and all analysis. Just enjoy the New, Real You. The world will. Self-sabotage will slip away.

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