

Welcome to The Experiment's exercises, and congratulations for taking the courageous step to apply these practices to YOURSELF.

Some helpful hints to help you get stuff done!

- It's best to print these sheets out and use a pen / pencil on them. While many people do complete them electronically, there is something more intimate (and less distractions) when hand-writing exercises like this.
- If you commit to a process and you, for example, miss a day, don't worry about it! Just jump right back in.
- Don't worry about doing these "right" or "wrong." Just do them.
- Many of the exercises will be applicable to more than one area of your life, so go ahead and work the process multiple times.

All questions about these exercises will be answered on our Facebook page, www.facebook.com/executivejoy – just post on our wall (unless it is confidential in nature, then send us a private Facebook message.)

Good luck with *your* Experiment!

-R. Michael Anderson

p.s. **Have you reviewed the book yet?** Please do! Honest reviews help everyone out, and it only needs to be two or three lines. <http://tiny.cc/review-xpmt>

Dennis' Notes—Owner / Victim

We can often see how we are showing up as an owner or a victim by looking at the language we are using to describe something in our life.

Common clues:

Victim	Owner
I don't know how / I can't	I'll figure it out
I'll be happy if/when	I choose to be happy
I might commit	I am committing
I don't have time	I am making time
Life happens <i>to</i> me	Life happens <i>for</i> me

Additional words/phrases which can help identify owner or victim;

Victim	Owner
Negative	Positive
Blaming	Solutions/Supportive
Entitled	Accountable
Defensive	Proactive
Helpless	Helpful
Tardy/Late	Punctual/Early
"They"	"We/I"
"I Should..."	"I Will..."
"But..."	"And..."
"It's not fair"	"It doesn't matter"
"I Can't..."	"I Can..."
"I Don't Know"	"I'll Find Out"

Awareness: Where in life am I showing up as a Victim?

Response: How can I show up as an Owner?

Dennis' Notes—Experiments

Remember, I succeed in experiments just by conducting them. Experiments are meant to test waters. I can modify them any time I choose. The reason I go through an experiment is to try one possible solution to an issue and learn from it.

Awareness: Where in my life am I experiencing procrastination, resistance, and/or fear? What do I want to change?

Response: How can I make that into an experiment? What will I change? For how long?

Compassion: I'm kind to myself as I go through the experiment. The goal is to learn, try new things, and see what works for me.

Dennis' Notes—Positive Self-Talk

Awareness: Where am I getting down on myself and engaging in negative self-talk?

Response: How can I look at the situation from a different, self-supporting angle?

Compassion: All people drop into self-criticism at times. It's called being human. But just because it's natural doesn't mean we have to stay there!

Dennis' Notes—Habits

Awareness: What is a habit I want to change?

Response: I'm creating a checklist where I will track what I want to change.

Habit	Monday	Tuesday	Wednesday
Hug my kids	√	√	√
Prize myself	√	√	√

Compassion: It's not about judging where I am; rather it's about moving forward and blazing that new path through the bush!

The Experiment: Discover a Revolutionary Way to Manage Stress and Achieve Work-Life Balance

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes

Dennis' Notes—Being Joyful Now

Awareness: What am I waiting for to happen in my life in order for me to become happy and joyful?
Where are my "OR's" & "IF/THEN's"?

Response: How can I be happy today, right now? What will I change to an AND? What reminders can I put in my life to see the joy now, in this present time?

Compassion: Look at how I can change my mood & attitude so quickly. Great job!

Dennis' Notes—Laser Focus

Awareness: What are the three most important things I can do today that will move me forward?

Response: I'm writing them down and doing them FIRST THING every day!

Compassion: Look at how I am making progress! Each day I know I'm getting the important things done.

Dennis' Notes—Bad Habits to Good Habits

Awareness: What am I doing now that I can do less of, or eliminate, to improve my life?

Examples: Smoking, drinking, watching trashy TV

What can I replace these things with?

Response: How am I going to rearrange my life so I start doing more of the good and less of the negative by finding replacements and making it more difficult to do the unhealthy things... and easier to do the healthy things?

Compassion: Look at the changes I am making in my life that are truly making a difference. Bravo!

Dennis' Notes—Relationships

Awareness: Regarding an important relationship in my life, how am I showing up? And is that what the person wants from me?

Response: How will I authentically communicate my expectations? How can I learn the others' expectations?

I will match my actions to what the other person likes, as long as I'm still being genuine and it's within my healthy boundaries.

Compassion: I'm compassionate and fully accepting of both myself and the other person in the relationship.

Dennis' Notes—Reconnect with Joy

I will print this and fill it out in the evening. I'll write what I want to focus on the next day. Then I'll review it in the morning.

My Gratitude—What I'm thankful for. This helps my mind start recognizing all the good things in my life.

I'll note down anything/everything.

-Wow the hot shower felt good this morning

-What a super hug from my kid

-A sunny day on the way to work

-My comfy chair in the office

My Impact—What I did right today. I do so many good things in a day; time to own that.

-I remembered to kiss my spouse on the way out and make them feel good

-Had a conversation with an employee that I was putting off, and turned out it really energized them

My Prosperity—What went my way today? I'll list all the chance happenings that favored me. Then I'll remember that I'm lucky and fortunate.

-I got that VIP parking space

-The callback from the huge prospect I thought I lost a few months ago

My Gratitude	My Impact	My Prosperity

Tomorrow I will remember to: _____

My Gratitude	My Impact	My Prosperity

Remember!

Declare YOUR experiment:

<http://tiny.cc/my-xpmt>

For ongoing support and encouragement.

And visit us at

www.executivejoy.com

for speaking, coaching, training and more.

Because what is **Success** without **Happiness?**