

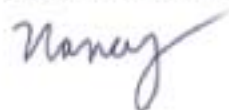
# RUT- BUSTING™

## ACTIVITIES TO BRING CHANGE INTO YOUR LIFE

Every day, you have the opportunity to stretch your boundaries, explore untapped areas of potential and discover hidden talents. But making a change, even a small one, can be a little unnerving, requiring us, as Thoreau said, “to leap in the dark to our success.”

To start you on your journey of change, try the following twelve activities. The intention is not to achieve any specific goal but to expand your sense of possibility and uncover qualities you didn't know you had.

So go ahead and start now to bust out of your rut!



- 1 Get out of your traveling rut—once a week, follow a new route to or from your office or home, paying attention to your surroundings. How does it make you feel to be in unfamiliar areas?
- 2 For an entire day, sharpen your sense of smell. Let your nose lead you: in restaurants, out in the park, at the perfume counter, around your loved ones. What emotions do different scents generate?
- 3 Explore your sense of touch: bake bread, take a sculpting class, finger-paint with your child, give someone (or yourself) a foot massage. Close your eyes and “see” with your fingertips.
- 4 Make a list of three circumstances that make you feel uncomfortable (for example, speaking in front of a group, meeting new people, dining alone in a restaurant.) Choose one to try this month. How did you feel? Was it as difficult as you feared?
- 5 Create a list of five challenges you want to take on in the next 12 months—at work, at home, for fun or out of necessity. Choose one to try each month.
- 6 Resolve for one day to refrain from multi-tasking. Do one task at a time, focusing exclusively on what you are doing, and, upon completion, pause to acknowledge your efforts instead of rushing on to the next item on your To-Do list.
- 7 Choose a problem that is confronting you at this moment and, thinking “outside the box,” list at least five answers or solutions. Try one—or all.
- 8 Is your intuition being drowned out by the chattering of your “monkey mind”? Practice moments of stillness: sit quietly and focus on your breath, until the chatter fades away. Then listen to the message of your subconscious.
- 9 Explore your physical side: sign up for dance lessons, learn tai chi or yoga, take a painting or sculpting class, join a bowling or baseball team. Become reacquainted with what your body can do and develop a more positive view of your own physical capabilities.
- 10 Give yourself permission to do something indulgent, something fun, something just for you. Can't think of anything to do? Uncomfortable with the idea of focusing on yourself? All the more reason to do it—you're long overdue!
- 11 Shake up your routine and inject a little fun into your life. Find your inner child: buy a bottle of soap bubbles and try to blow double-bubbles, get a box of 64 crayons and draw a picture (or use one from a coloring book) using all the shades, or go roller-skating in the park. Better yet, do any or all the activities with a child—a surefire way to enjoy them even more!
- 12 When was the last time you said something nice to yourself? Stand in front of your mirror (preferably, a full-length one) and don't move until you can say ten nice things about yourself. Finding it difficult? Promise yourself that you'll do it once a month until the end of the year. After all, if you don't love yourself, how can you accept love from anyone else? (For more “rut-busting” ideas, visit my Make a Change blog at <http://communityofchange.blogspot.com/>!)