



This is a game.

Today, with the top 3 people that you see the most (could be your significant other, your children, your roommate, your coworkers, your mailman, or your barista at the coffee shop) you must treat them as if they are the most incredible human being on the planet. They are perfect. They are magnificent. They are captivating. They are worthy of celebrating and appreciating their presence in your life. Be curious about them, ask questions, compliment them, and give them more love than you've ever given them— no matter how they show up.

The 3 people I'm going to love the crap out of today are:

1. _____
2. _____
3. _____

What I experienced . . . in one sentence:

1. _____
2. _____
3. _____

WHAT'S REALLY POSSIBLE??

Guess what. . .we played a trick on you. Seriously though, how awesome did it feel to show up as a loving, fun, and joy filled person these last couple of days? That is what operating from your HIGHEST Self feels like. The key to living a life of happiness, is giving. Giving of your HIGHER Self: your love, your abundance, your creativity, your sense of humor, your playfulness, your compassion, and your curiosity.

What 3 ways of being are you committed to implementing into your daily life, from this day forward?

1. _____
2. _____
3. _____

How will infusing your life with these 3 ways of being shift your current reality?

1. _____
2. _____
3. _____

***DISCLAIMER:** You have been operating from your Wounded Self for MANY years, and old patterns die hard. **BUT**, what you've just experienced in the past couple of days is **a** way to counter and shift your operating system back to your HIGHER Self.

REFLECTION QUESTIONS: WEEK THREE

Email all answers to bridgemethod@gmail.com
with subject: ACCOUNTABILITY WEEK THREE

1. What's coming up for me?
2. What discoveries did I make?
3. How do I feel about where I stand?
4. What am I most afraid of?
5. What am I most excited about?
6. What am I committing to for next week?

BONUS ACTIONS:

1. Conduct a feedback interview with one of the people you loved on from today's exercise. Even if you interviewed them last week, interview them again and see if anything shifted in the last week. Notice how you played a part in what shifted for them, or didn't.