



## **HUG EXPEDITION**

**To complete the week, we are challenging you to one of our favorite games. This game is all about reminding you how quickly you can shift your emotional state and the emotional state of others just through the simple act of a hug.**

**There is so much science that backs up the importance of hugs, but we won't bore you with the details. Go out and FEEL it for yourself. Your mission today is to give 5 MEANINGFUL hugs. These are hugs that are held for more than 15 seconds, that are close and intimate. Get creative and have FUN!! We've had clients take this on and get HUNDREDS of hugs, created hundred of smiles and connections and had profound personal breakthroughs by posting up at a busy shopping centers and grocery stores with a FREE HUG sign.**

**This is all about CONNECTING with the love inside of you and sharing that with the world around you!**

# REFLECTION QUESTIONS: WEEK EIGHT

If you feel called to, you can send all answers to [bridgemethod@gmail.com](mailto:bridgemethod@gmail.com)  
with subject: ACCOUNTABILITY WEEK EIGHT

1. **What did you find most challenging this week? Why?**
2. **What discoveries did you make about yourself?**
3. **What are you loving about your life right now?**
4. **How did the Hug Expedition make you feel? What came up for you? How did you feel about both GIVING and RECEIVING love?**
5. **What was your biggest breakthrough this month?**
6. **How do you complete your 30 Day Meditation Challenge? How does this reflect elsewhere in your life?**