

# Exercises from Esther Hicks and Abraham

## To Do List

1. Take a paper and draw a line down the middle, lengthwise
2. On the Right side, at the top, write: Things I will do Today (and mean it!)
3. On the left side, at the top, write: Things I would like the Universe to do today!
4. Your list is a short list, that's reasonable. Stuff you know you can accomplish
5. Put everything else on the left side.

You're releasing any resistance and only choosing what you have time to do. You will approach YOUR side of the list with eagerness and will accomplish them easily.

## Every Day

- Meditate for 15 minutes
- Go outside, no matter what the weather and speak out loud to nature, expressing your appreciation.
- Take a notebook and fill it with 5 pages of positive aspects of 5 separate subjects, for example, expressing gratitude and appreciation for all aspects of your body, your career, your relationships, your home, and your health
- Look upward and outward and acknowledge a Higher Power, for example:

I, MarBeth, acknowledge I am the object of your personal attention. I am in conscious awareness that You are with me, loving me, supporting me, acknowledging me, inspiring me, assisting me, guiding me, having fun with me, etc. (You can repeat!)