



## Loving Thought 600 Challenge

Updated 28 July 22

So you have done the Workshop, you have the Toolbox and now its time to earn the sweat-shirt!  
You have 60 days over the next 2 months to earn 600 Loving Rest Points.

### Why:

1. So that you can do the things you Love for Longer
2. Knowledge Is NOT Power. Knowledge put into Action is Power
3. Because its fun to change things up and create new beneficial habits.

### Who:

- a. Who are the 3 people or groups (other than your Future Self) that will be most positively impacted by you having more energy and being more focussed and feeling more upbeat?
- b. What can they do more of/be more of when your thought-life is more positive?

1a. _____	1b. _____
2a. _____	2b. _____
3a. _____	3b. _____
4a.           Your Future Self	4b. _____

### How

You earn points as follows:

Every Day earn 20 points or over for completing:

10 points – 2 minutes of meditation – breath or other.

15 points – 4 minutes + of meditation -

5 points – Researching a new meditation online / watching something motivational/uplifting (motivational hub or similar)

5 points – writing in scheduler/diary or similar - 3 things grateful for now/ 3 things you did today you are pleased with/ 3 things you are grateful to achieve tomorrow

-10 points – did someone a disservice without making amends/smoothing the waters!

-5 points – consumed more than 1 hour of TV news and online/phone news/social media.

Example: I get up and do 2 minutes breath meditation (+10) and during the day research a new guided meditation on YouTube(+5). I feel a bit flat so watch John Cleese’s Laughter Yoga and feel uplifted (good but no extra points, already got 5). Before bed I do 2 minutes of the new meditation I learned (+5 points for 4+ minutes of total meditation) and I didn’t watch any news or social media or fall out with anyone without making up. Total = 20 points

So I enter 20 in my tracker. I keep a running total of my points and of the number of days of 20 and above pts. I have 60 days to accrue 600 points with a minimum of 30 days at 20 or over.

There is a certificate for anyone who completes 30 days of 20 points or over and a thought enhancing prize for the most points collected over the 60 days between all participants.



