

MOUNTAIN-MOVING IDEA #1

Spend twice as much time working on yourself as you do focusing on other people's faults

List the Top 3 things, attitudes, or behaviors that other people do that create the most stress and annoy you the most:

1. _____
2. _____
3. _____

**Realize that all of these things are out of your control*

Next, take each of the three above, and think of two habits, practices, or behaviors that you can work on to reduce the stress and annoyance you feel towards them:

- | | |
|----------|----------|
| 1. _____ | A. _____ |
| | B. _____ |
| 2. _____ | A. _____ |
| | B. _____ |
| 3. _____ | A. _____ |
| | B. _____ |

**Recognize that all of the items listed in points A and B above are all within your control and can be learned, worked on, and improved daily.*

Congratulations! You now have a clear picture of how to spend twice as much time on positive, uplifting activities as you do worrying about negative thoughts beyond your control.

Please share your results and feedback on working on and achieving this Mountain-moving idea at feedback@eric-harrison.com.