



Wake Up Recovery

with Sherry Gaba, LCSW



Module Seven:

Living a Life of Right Action

Module Seven: Living a Life of Right Action

This module will help you identify what actions are truly in sync with who you are truly meant to be. You will discover the value of directing your energies toward positive action that is in alignment with who you are, where you are, and where you want to go. You will be able to plan the things you are doing in your life mindfully, with clarity and awareness, so that you can reach your full potential.

Activity #1:

In order for us to find our path, we must begin with where we currently are. We can't move forward until we know where, on the map of life, we're currently located. We're going to close our eyes for a moment and take three deep breaths.

Our first deep breath is to bring us to the present moment. Breathe in (count to 3). Breathe in the present moment, exactly where you are at this very moment. Now, let's breathe out (count to 3). Breathe out your day, any of the stress – good or bad – and all of the events that occurred before this very moment. Do not think of what you need to do after this session. Focus only on this moment.

Pause for a minute to let this set in.

Our second breath is to focus on your worth. Breathe in (count to 3). Breathe in positive energy. You are giving yourself the gift of empowerment. Now let's breathe out (count to 3). Breathe out all of your responsibilities, negative thoughts that are in your mind's eye currently that are revolving around you.

Pause for a minute to let this set in.

Our third breath is for having an open mind. Breathe in (count to 3). Breathe in the gift of having an open mind. Open up to what you will receive and open up to the possibilities that await you. Be open to empowerment. Breathe out (count to 3). Breathe out any weight that is lingering. You are here. Focus on the now and smile.

Pause for a minute to let this set in.

I am going to ask a few questions and I would like for you to write down the first answer that comes to your mind. You will have time to review these answers after this session; but for right now, simply write down the first answer that pops into your mind. When we're faced with decisions or questions, your head will analyze and try to find the "right" answer; but it is in our gut reaction, deep in our belly, that we find the truth. This is where we can "see" what the truth is. The truth for who we are right at this moment. We cannot move towards living a life true to OUR right action if we don't know how we truly view ourselves.

1. Are the decisions that I am making matching my deepest desires?
2. Are my actions creating joy for myself?
3. Are my actions creating joy for others?



My Notes:



Activity #2:

Please take 3 deep breaths – Breathe In – Count to 3 – Exhale. Focus on the following thought with each breath:

“Today, I can risk moving forward and trust myself, with the guidance of my Higher Power, to move in a right and orderly direction.”

Repeat this quote 3 times for each deep breath.

Thank you Sally Coleman and Nancy Hull-Mast for that amazing quote from *Our Best Days*.

Please think about and answer the following questions. Go with your gut answer first and foremost... You will have time to reflect on your answers afterwards. Remember that our “gut” or deep-belly answers are filled with our subconscious wisdom.

- What gifts do I have to offer the world in terms of talents?
- What skills have I developed?
- What things do I feel called to do?
- What social causes in the world move me?
- My natural gifts are _____?
- How can I be of service to others?

Answering these questions will either awaken or elevate your level of “awareness.” You are here, right here and be “in” the now. The power of the present will empower you to take action to move towards your dreams. We can try to escape or avoid what our gut tells us, but the energy still exists. Some of these steps may hit a painful nerve, but this process is truly one day at a time. We can all make the most of these 24 hours. Imagine where you can go when you LIVE one day at a time WITH a goal in mind. The possibilities are endless. How cool is that?



My Notes:



Activity #3:

Transcendence involves action. This forward momentum doesn't need to be a big step. Consistent small steps will take us to our goal in a safe and secure way. Giant leaps leave many stones uncovered. When we take our time, every single step we take is with truth and authenticity. We are honoring ourselves with each step. There is peace. There is clarity. You are awake and aware. Living your life of right action.

What one step are you willing to take toward achieving your greatest desire? On a scale of 1-10, how committed are you? If you chose a number under 7, what will it take to have a commitment of 10?

Now write down that one step. Life is all about accountability. If we can't be accountable to ourselves, how can we truly be accountable to anyone else?



My Notes:



Module Seven Affirmations & Meditation:

Affirmation:

- My actions will be thought out with patience and integrity so that I do not act on my impulses.

Meditation:

Find a quiet place to sit and be... a place that will be free of interruptions for at least 15 minutes. Take the first 5 minutes to read the following meditation from Louise L. Hay. Take the remaining 10 minutes to reflect on her beautiful message.

"I know I am one with all of life. I am surrounded and filled with infinite wisdom. Therefore, I rely totally on the Universe to support me in every positive way. I was created by life and was given this planet to fulfill all my needs. Everything I could possibly need is already here waiting for me. No matter what I choose to believe or think or say, the Universe always says, 'Yes' to me. I do not waste my time on negative thinking or negative subjects. I choose to see myself and life in the most positive ways. Therefore, I say, 'Yes' to opportunity and prosperity. I say, 'Yes' to all good. I am a 'yes' person living in a 'yes' world, being responded to by a 'yes' Universe, and I rejoice that this is so."

From *Inner Wisdom: Meditations for the Heart and Soul* by Louise L. Hay