



HealthyBodyHealthyLife
with *Melissa Koerner*

Module 3 - Part 3 Action Step Plan

4 “Innercises” to Eliminate Your
Biggest Energy Robber... YOU!



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Innercise #1: Revisit Your Top 5 Highest Values

What are your top five highest values? In other words, what are the five most important things in your life? Honestly ask yourself where your personal wellbeing fits in your values. For example, someone’s five highest values might be as follows: Personal health, family, financial stability, friends, travel. List your five highest values below.

1.

2.

3.

4.

5.

Why are these values important to you? How do they contribute to your health and happiness? How do they inspire you to be the **best** person you can be?



Innercise #2: Evaluate Your Expectations

Step 1: Use a journal to write down events, situations, and people in your life that didn't meet your expectations. (If you do this correctly, there will a lot of writing!)

Step 2: Look for common themes. Ask yourself, *what are the beliefs behind my expectations?*

Step 3: Take a look at the expectations you wrote and see if any of them can be shifted.

The more expectations you rid yourself of, the less stressed you'll feel and the happier you will be. 😊

Innercise #3: Give Up Judgement

Step 1: Pay attention to your thoughts.

- How many of them are a form of judgement?
- Do you see others as inferior to you in any way? Or superior to you?
- More or less intelligent than you?
- Richer or poorer?
- Fatter or thinner?
- Older or younger?
- Do you judge the political or religious views of others as inferior or stupid?

These are just a few examples – there are countless forms of judgement and many subtle judgements are happening under the surface all the time.

Step 2: Acknowledge that judgement is strictly a function of the ego – the part of the brain that controls self-esteem and self-importance.

Step 3: Let go of judgement on yourself and others leads to create inner peace.

Innercise #4: Address Your “Erroneous Zones.”

According to Dr. Wayne Dyer, Erroneous Zones are “emotional immobilizations” – they’re “errors people make when trying to control their own emotions.”

You CAN control your emotions and reactions. You are the product of the choices you make, and your circumstances reveal the choices you’ve made.

You must put the responsibility on yourself and stop blaming others to take control of your emotions. When you address your erroneous zones, you can escape the cycle of negative thinking.

Commit to letting go of the following erroneous zones:

1. Self-doubt or self-rejection: Disliking or finding fault with yourself, feeling unworthy
2. The need for approval: Looking for your value in the approval of others
3. Being attached to the past: Holding onto old, immobilizing beliefs about yourself
4. Guilt and worry: Guilt keeps you hung up in the past in the present, worry immobilizes you in the present over something in the future
5. Fear of the unknown: Pre-judging and not being open to new experiences
6. The justice trap: Demanding that life be fair
7. Procrastination: Filling the present moment with wishes and no action
8. Anger: Angry thoughts lead to angry actions
9. Growing up & being independent: The idea you need to stay in someone’s life that no longer works for you or you’re stuck and dependent on someone else

Listen to Wayne Dyer’s fabulous audio program *Your Erroneous Zones* for more details on each erroneous zone.