

## 10 ways to get lost:

- 1 - put your hand on your heart & breathe deeply ... repeat often
- 2 - go outside & touch the earth ... repeat often
- 3 - name what you're worried about, then wonder what your mom, friend, adviser, or spirit would do ... repeat as often as you worry
- 4 - drink a sip of water while imagining a clear flowing river flowing throughout your body ... repeat often
- 5 - figure out who is having a birthday soon & make them a card
- 6 - find an insect, bird or other small creature & watch it for a bit
- 7 - ask someone to tell you a story & listen carefully until they're done
- 8 - draw a face on a rock & tell it 5 things you liked about your day
- 9 - think good thoughts (or pray) for someone - especially someone you don't particularly like at the moment
- 10 - (ask permission & then) chat with a stranger & smile