

First Small Group sharing (3 minutes per person)

1. What positive emotion is calling to you?
2. What meaning does it have for you?
3. Why do you wish to make it become a habit?
4. Are there obstacles that arise for you?

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Second Small Group Sharing: We will spend 5 minutes creating our practices. Then we will each share for 3 minutes and get feedback.

Design a daily 5-minute practice for yourself to cultivate the positive emotion you have selected.

Consider the following elements:

1. Say the your intention out loud: "I will not begin the practice of _____."
2. Connect with feeling the positive emotion.
 - Put your attention on it without judgement or interference. Become absorbed in it.
 - "It is just like this."
 - Locate it in your body.
3. Extend the practice to yourself.
4. Extend the practice to others beginning with those closest to you, then others. Extend the practice to someone you are having difficulty with. Extend it to all beings everywhere.
5. If necessary, select a short video to watch that helps you connect with the emotion.
6. Other: