

Reference Guide for Week 1 of ReinventingErica.com - Theme CHANGE

Books

Change The Way You See Everything Through Asset-Based Thinking by **Hank Wasiak**
When Things Fall Apart by **Pema Chodron**
The Invitation by **Oriah Mountain Dreamer**

Websites/Blogs/Articles

Become A Morning Person/Get Enough Sleep

Can A Night Owl Become A Morning Person? (<http://www.slate.com/id/2193208/>)

10 Benefits of Rising Early, and How to Do It (<http://zenhabits.net/2007/05/10-benefits-of-rising-early-and-how-to-do-it/>)

How to Become an Early Riser (<http://www.stevepavlina.com/blog/2005/05/how-to-become-an-early-riser/>)

Drink More Water

9 Great Reasons to Drink Water (<http://www.dumblittleman.com/2007/07/9-great-reasons-to-drink-water-and-how.html>)

Dr. Vik - Give Me Some Water! (<http://drvik.com/?p=590>)

Let Go of Perfection

Liz Strauss - The Genius That Is You (<http://lettingmebe.blogspot.com/2006/01/genius-that-is-you.html>)

Erica Douglass - Perfectionism is Your Worst Enemy (<http://www.ericabiz.com/2009/perfectionism-is-your-worst-enemy/>)

Practice Meditation

How Meditation Helped Me Let Go of Perfection (<http://reinventingERICA.com/2009/07/31/how-meditation-helped-me-let-go-of-perfection/>)

The Change Blog - The 5 Keys to Transformational Success (<http://www.thechangeblog.com/the-5-keys-to-transformational-success/>)

10 Facts About Transcendental Meditation (<http://www.tm.org/10-facts>)

Laugh

The Bloggess - I'm Running Out of Grocery Stores That I'm Allowed to Go Back To (<http://thebloggess.com/?p=3540>)

Quotes

"In everyone's life, at some time our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the human spirit." ~Albert Schweitzer

"If you have one foot on the train and one foot on the platform, it is eventually going to get very uncomfortable." ~Gil Penchina

"What's encouraging about meditation is that even if we shut down, we can no longer shut down to ignorance. We see very clearly that we're closing off. That in itself begins to illuminate the darkness of ignorance." ~Pema Chodron

"When you change the way you see things, the things you see change." ~Anonymous

Action Guide

This week's theme was CHANGE. Here are some of the ways you can incorporate CHANGE into your own reinvention project.

- **Change The Way You View Challenges:** Instead of viewing Challenges as Difficult, view them as Opportunities for Growth.
- **Think of Life as an Experiment:** Take a note out of AJ Jacobs life. Jacobs is an author and columnist who has set out to live his life as a series of Experiments. One Year he read the entire Encyclopedia Britannica from A to Z, another year he spent the entire year "living the ultimate biblical life" (following every rule of the Bible). Set out on your own Life Experiment.
- **Start with Small Changes and Build:** Try taking a new route to work, eating a new type of cuisine, or exploring an unfamiliar local attraction. Get used to trying new things every week, and soon it will be second nature.

Are You Reinventing Yourself?

If you're currently working on your own Reinvention Program - I'd love to hear from you. Feel free to email me at: ericaogrady@gmail.com