

# Activity

## THE DOUBLER

*Increase the trajectory of meaning running through your life in a journal.*

- For two minutes a day, think of one positive experience that's occurred during the past 24 hours.
- Bullet point each detail you can remember. It works, because the brain can't tell the difference between visualization and actual experience. So you've just doubled the most meaningful experience in your brain.
- Do it for 21 days, your brain starts connecting the dots for you, then you have this trajectory of meaning running throughout life.

Research from the University of Texas found that if you have a chronic neuromuscular disease, chronic fatigue and pain, and you do this for six weeks in a row, six months later, they can drop your pain medication by 50 percent.

# Activity

In the past 24 hours I am grateful for ----- because -----

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