



# Best Practices

<https://radical-peace.com>



**Do the Basic Daily Practice every day, and if you forget, recommit without any worry or guilt.**



*Start each day positive.* Appreciate the gift of another day of life. Make being positive and peaceful your primary goal for the day. Finish each day by letting it go.

Quell negative, stress provoking thoughts and feelings by being mindful of them, using the *Thought Awareness Tool* and the *Clear Button*.

Each week choose one to three qualities you want to accentuate from the list of attributes on *The Mindful Attitude - Dynamically Peaceful and Positive*. During the day use the *30 Second Brain Break* to calm your mind and lift your spirits.



If a fearful thought grips your mind, deconstruct it with the *What Am I Afraid Of* tool. It can penetrate and dissolve the distorted thinking that's creating a story of doom.



Use the *7-Minute Meditation* to build a daily meditation practice. Building this skill is the fast track to increasing brain power.



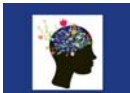
Be mindful to mark the moments whenever a positive feeling, expansive moment, or a welcomed change occurs. Tell yourself, 'This moment is important.' Then tell your brain to wire you for more of these rewarding experiences.



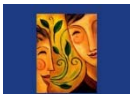
Increase your happiness by forgiving grievances with other and/or mistakes you have made..



Use the *PreAttitude* tool to reframe a difficult situation you might face by empowering an attitude of fearless self-confidence. Transcend the *rat race* by practicing *Healing Type-A*.



Once every week count your blessings. At least twice a day, take a break from the world and all its problems. Go outside or look out a window. Gaze at the sky. Listen to the birds sing. Connect with life and let your mind wander. If possible, go for a walk in a green setting. Breaks that allow your brain to relax and become unfocused for a spell facilitate creativity and refuel the brain to sustain peak functioning throughout the day.



Silently extend positive regard to everyone and see how quickly peace and well-being is returned to you. Practice listening better to the people in your life, with more empathy. Commit to judging less, forgiving more and loving unconditionally. Extend the same unconditional love to yourself.



Bust shame reactions that lie beneath the fear of failure and have you thinking *I'm not good enough* **by being** mindful of how your sense of self becomes *fragmented*. Practice being whole-hearted by accentuating the *Attributes of a Whole Person*.



Use the *Shaping Your Reality* tool to mobilize the power of *expectancy* to succeed at your goals, realize your dreams, or accelerate the healing process.