

I could easily list hundreds of activities for you to do, but these will vary based upon your personal hobbies or interests.

I want you to list 3-5 activities you have an interest in. Try not to pick too many. Focus on these, and try not to overwhelm yourself. The good ones to pick are some of the things you have either avoided, or just were not performing well because you have been smoking. Although I will not list the activities for you, here are a few guidelines to help you pick the right ones.

- Pick something physical. This is a good way to spend that excess energy you may have, or release some of the tension or irritability you may be experiencing. This doesn't mean you have to start training for a triathlon. It could simply be a walk outside, taking up Yoga, or really just anything to get your body in motion. One thing is for certain, your mental state can be directly linked to your physical activity or lack of it.
- Choose something that forces you to become more social. As you will learn in a few days, spirituality is directly linked to how we connect with other people. I know this is a touchy subject for some of you who prefer to stay secluded. I am most definitely one of those people, so I completely understand. Now, when I say social, that doesn't mean hanging out at your local bar or nightclub. That kind of social behavior is what probably brought us to this place we are now. It could be reconnecting with friends and family members, or helping other people in your community. Look, love and service are the key components of spirituality, and these require you to come in contact with people. So, the activity I am referring to is finding a way to help, or being in a positive environment. It has to be a positive experience. If it isn't, disengage and find somewhere else to go.
- Do something that is mentally stimulating so that we can think and focus better. Using our brains in a more productive way is truly healing. Just a few examples would be reading, writing, art, meditating.

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