

SUPERPOSITIVITY LIFESTYLE

Superpositivity Lifestyle is powered by the twin elements of balance and self-reliance: living life in balance and fullness, and being responsible for one's own happiness and growth. In order to accomplish this state, every Superpositivity practitioner should ideally observe the LET US ENJOY Principle or the 10x10+ Principle every day: doing 10 superpositive things 10+ times or 10+ minutes every day.

L LOVING ONE'S LIFE & THE WORLD

(Doing a combination of Superpositivity Chant, Superpositivity Affirmation and Superpositivity Meditation, for 10+ minutes every day)

E EATING CONSCIOUSLY

(Expressing gratitude before and after every meal, preferably eating vegetarian food, and spending 10+ minutes per meal, relishing it fully)

T TIME FOR FAMILY

(Spending 10+ minutes with family every day, without any distraction)

U UPLIFTING ONESELF & ONE'S SPACE

(Spending 10+ minutes on personal grooming and room or house cleaning every day)

S STAYING CLEAR FROM INTOXICANTS

(Drinking 10+ glasses of water every day and staying clear from intoxicants like alcohol, tobacco and drugs)

E EXERCISING & MOVING

(Doing 10+ minutes of conscious movement, like dancing, yoga, running, cycling, walking, swimming, weight training or playing a physical sport every day)

N NEW CREATIVE ACTIVITY

(10+ minutes of a new creative activity every day, like reading, writing, cooking, painting, and so on)

J JOYFUL SMILING

(Smiling 10+ times consciously, joyfully by oneself every day)

O OBSERVING THE SKY

(Looking at the sky consciously, lovingly 10+times every day)

Y YOU ARE SUPERAWESOME

(Expressing to 10+ people or natural elements every day that "You are superawesome" through appreciation, gratitude, encouragement or a smile)

These are actually very simple life goals that can be fulfilled at any time of the day. With practice, they would become a natural habit, and the Superpositivity Lifestyle would become as light and flowing as breathing.