

"Do the Math" Worksheet

Here's a simple exercise to help you calculate the number of hours you spend each week on negative, garbage programming and drama.

- _____ How many hours a week do you spend **reading the newspaper** (the metro news, not the funnies)?
- _____ How many hours per week do you spend **watching the news on television?**
- _____ How many hours a week do you spend **watching soap operas, negative reality TV shows, negative talk shows, or shows that degrade others?**
- _____ How many hours per week do you spend **watching movies with negative or violent themes?** (Average the total minutes of negative or violent movies you see; for example, one two-hour movie per month equals thirty minutes per week.)
- _____ How many hours per week do you **listen to or engage in gossip** or negative conversation with others?
- _____ Total (these are the hours you spend focusing on garbage).

x 100
- _____ **Total number of hours of positive programming needed to undo the ill effects of one week of negative programming.**

I've heard it said that for each hour you've spent focusing on negative programming or garbage, it takes a minimum of one hundred hours of positive programming to counteract the effects. If you watch a negative, violent movie for two hours, it takes two hundred hours of positive programming to undo the ill effects.

Now let me ask you this question . . .

Do you have that many hours a week to spend going to motivational seminars, reading motivational books, or listening to motivational tapes? Of course not. So what's the answer?

Ditch the drama! Eliminate the negative programming. Divorce yourself from the garbage. Abolish it, get rid of it, and completely purge it from your existence. Choose *not* to watch those kinds of television shows, *not* to go to those types of violent movies, and *not* to hang around those kinds of gossipy people.

Of course, if you're as happy as you want to be, if you have all the peace of mind that you want in your life, if you have the level of self-esteem you desire and you don't want any more, then this does not apply to you. You can still gossip, go to those kinds of movies, and hang around those kinds of people to your heart's content. But honestly, I've never met anyone who couldn't use a bit more self-esteem. Have you?