

Practice Guide for Computer

Adapted from Ron Miller's Advanced Improv Practice Guide

Before starting your daily practice routine, read and seriously consider the following:

A. DAILY AFFIRMATIONS

1. How fortunate I am that in this life I am one who has been allowed to create beauty with **computer**.
2. It is my responsibility to create peace, beauty, and love with **computer**.

B. I WILL BE KIND TO MYSELF

1. IT IS ONLY **COMPUTER**
2. No matter my level of development in **computer**, how good or bad I think I am, it is only **computer** and I am a beautiful person.
3. I will not compare myself with my colleagues. If they do **computer** beautifully, I will enjoy it and be thankful and proud that I live in fellowship with them.
4. There will always be someone with more abilities in **computer** than my own as there will be those with less.

C. REASONS TO DO COMPUTER

1. To contribute to the world's spiritual growth.
2. To contribute to my own self-discovery and spiritual growth.
3. To pay homage to all the great practitioners of **computer**, past and present, who have added beauty to the world.

D. RID YOUR SELF OF THE FOLLOWING REASONS FOR BEING A PRACTITIONER OF COMPUTER

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| 1. To create self-esteem | 3. To manipulate |
| 2. To be "hip" | 4. To get rich or famous |