

Trusting Your Wise Self

Reflecting Kindly & Honestly on What's Working & What Isn't

A Hearty Mindset

DISCOMFORT is inevitable
(and it is information)

STRUGGLE is added

LOVE is available



Everything is PRACTICE

Hearty Practice

Mindfulness

Accepting Awareness Returning

Unstruggling

Open up Breathe low & slow "Of Course"

Trusting Your Wise Self

Get Quiet Self-Evaluate Send Wisdom

Supportive Communication

"Everyone struggles" Be with Listen Support



Trusting Your Wise Self
Copyright © 2014 Dave
Author is not a medical
professional.

Applied
Attention

From Awareness to Action

dave@appliedattention.com

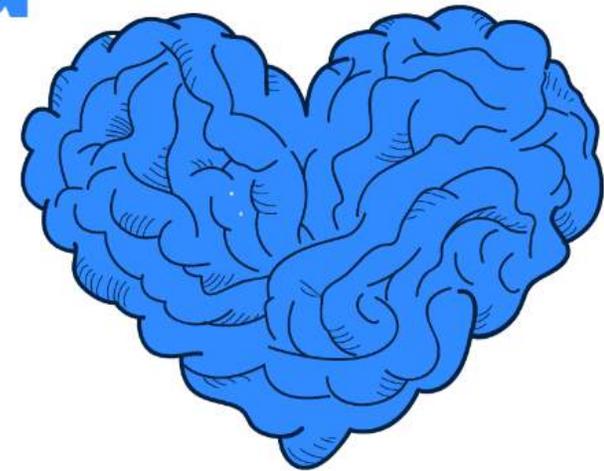
www.appliedattention.com

A Hearty Mindset

DISCOMFORT is inevitable
(and it is information)

STRUGGLE is added

LOVE is available



Everything is **PRACTICE**

Hearty Practice

Mindfulness

Accepting Awareness Returning

Unstruggling

Open up Breathe low & slow "Of Course"

Trusting Your Wise Self

Get Quiet Self-Evaluate Send Wisdom

Supportive Communication

"Everyone struggles" Be with Listen Support



Trusting Your Wise Self

Open up & quiet down

Anchor in what matters

Be kind & honest

Send wise reminders

Trusting Your Wise Self

Open up & quiet down

To thrive & grow:

Humans need to feel that
we are safe, we belong
& we matter

We can cultivate this for ourselves &
we can communicate this to others
through our actions.

Anchor in what matters

What is most important?

What do you want to have at the center of your life?
What kinds of relationships do you want to have?
How do you want to experience the world?
To what are you most deeply committed?
How do you want to help others?
What do you want to achieve?
What is the most fulfilling?
What are you grateful for?
What needs to change?

Be kind & honest

Kind & Honest Self-Evaluation

What's working?
What works?

What's not working?
What doesn't work?

What is really helpful/useful/
important to keep in mind?

Send wise reminders

**Effective Wisdom
Present & Practical**

"When you start with exercise, your day is better."

"Hug Marn"

*"When you are feeling aimless,
make a to-do list"*

*"Take a walk or
do some housework"*



To thrive & grow:

**Humans need to feel that
we are safe, we belong
& we matter**

**We can cultivate this for ourselves &
we can communicate this to others
through our actions.**

What is most important?

What do you want to have at the center of your life?

What kinds of relationships do you want to have?

How do you want to experience the world?

To what are you most deeply committed?

How do you want to help others?

What do you want to achieve?

What is the most fulfilling?

What are you grateful for?

What needs to change?

Kind & Honest Self-Evaluation

What's working?

What works?

What's not working?

What doesn't work?

**What is really helpful/useful/
important to keep in mind?**

Effective Wisdom

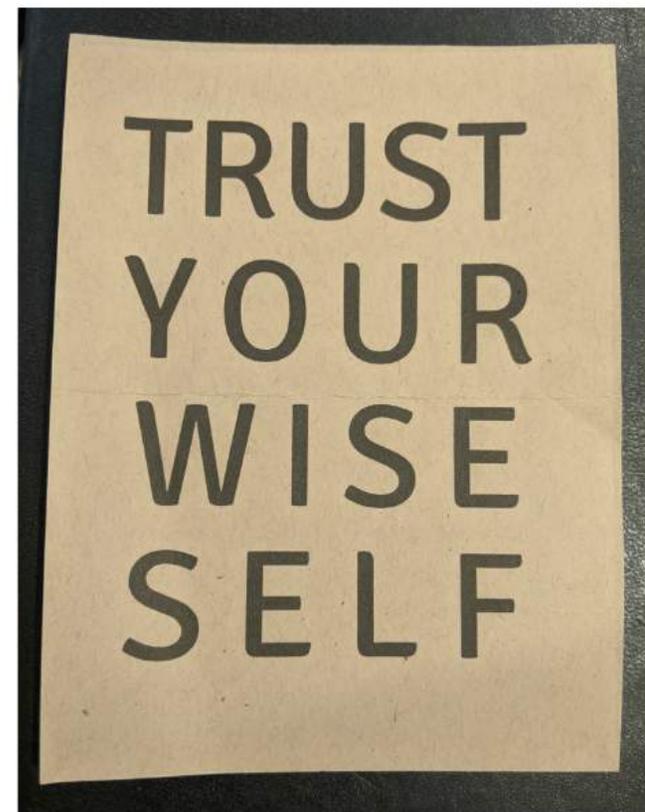
Present & Practical

"When you start with exercise, your day is better."

"Hug Marn"

*"When you are feeling aimless,
make a to-do list"*

*"Take a walk or
do some housework"*





Applied Attention

From Awareness to Action

dave@appliedattention.com

www.appliedattention.com

TRUST YOUR WISE SELF

Guide & Journal

Welcome to your *Trust Your Wise Self Journal!* This journal, and the practice that it supports, is the result of thirty years of studying, teaching and coaching the practices and principles of wellbeing. While it may be a simple approach, it can be very powerful.

You can live a wise, courageous and compassionate life. Even when circumstances are challenging, uncomfortable and uncertain, you can put your attention and energy into what is most important and most needed. Rather than striving for a happy or a comfortable life, you can focus on wellbeing, connection, and fulfillment.

Being happy all the time is not normal. We are not supposed to feel anything all the time - including happiness. And, many of the ways that we pursue happiness actually make us less happy. Procrastination, yelling, eating junk food, staying up late, scrolling endlessly, avoiding conflict, overspending...these things may make us feel better in the moment, but over time they can make us less healthy, fulfilled, and, yes, less happy.

This journal is designed to help you wisely guide your own behavior. The more your life is aligned with what you value most, and the more your energy goes into efforts that are actually working, the more fulfilled you will be.

I believe that you have very good reason to trust your wise self.

Blessings for a hearty life,
Dave Mochel

You have the wisdom you need. Each of us has ineffective beliefs and behaviors that we go to when we are stressed, anxious, overwhelmed, or just on autopilot - AND, when we get quiet and honest with ourselves, we know what is working and what isn't working in our lives. We know which strategies it would be helpful to let go of or to adopt. However, we don't always access this wisdom when we need it.

We often beat ourselves up with the truth. Instead of using our wisdom to create effective change, we often use it as fuel for harsh self-judgment. We tell ourselves that we should know better and bury any useful insights under a mound of shame and denial.

It all goes back to comfort. We do many of the things we do because they are familiar and comfortable in the moment. They are wired into our brains as habits. We feel attached to them even when they aren't working.

The key is accessing your wisdom when you need it. What if you always had access to a wise, kind voice reminding you of what you are really capable of and nudging you in that direction? Good news - you do! What if you could remember the things that really work for you in those moments when you are spun out, overwhelmed, unmotivated, aimless, anxious, stressed, frustrated...? Or, what if you could remember the things that really do not work for you and choose differently in those moments when you are on autopilot? Good news - you can! The key to this practice is to spend a little time each day in some kind and honest self-evaluation. This discipline can lead to some powerful insight and shifts in behavior.

What is most important? Identifying and connecting with what you value and what is needed is at the core of this practice. The goal is to embody what matters so that you can return to it in a powerful way. Of course, your understanding or clarity about what is important to you may evolve over time with further insight. To begin, use the questions below and write for at least 10 minutes without stopping. You don't have to answer each question – instead use them as prompts to help you keep writing for the entire 10 minutes.

What do you want to have at the center of your life?

What kinds of relationships do you want to have?

How do you want to experience the world?

To what are you most deeply committed?

How do you want to help others?

What do you want to achieve?

What are you grateful for?

What is most fulfilling?

What needs to change?

You can feel what matters. After you have finished writing, look over what you have written. Work to distill your response into 3-5 words that represent what is most important to you. As you identify these words, pay attention to how you feel. Spend some time asking yourself why the 3-5 things above are important. If you put your time and energy into these things, what would that get for you? Why do they matter? What is beneath them? What do you want to have at the very heart of your life?

Use the next four pages to do this exercise. **Do not skip this step. It is incredibly valuable to the practice.**

What is most important?

What is most important?

What is most important?

What is most important?

We don't have to struggle. While discomfort is an inevitable part of being human, struggle is something we add. When we put energy into resisting and avoiding what is happening, what we are feeling, or what we have committed to - this is struggle. The energy that goes into struggle is energy that could go into purposeful effort instead. We can learn to channel this energy into our health, wellbeing, fulfillment, goals, relationships and service to others.

You have two nervous systems. Part of the human nervous system is for short-term survival and another part is for long-term growth. When we struggle against life by tightening our body and our breathing and ruminating about imagined threat, we increase activity in the survival system and decrease activity in the growth system.

We can learn to unstruggle.

Open your body. Over the course of the day, the demands you face cause you to reflexively tighten and close your posture to protect itself. One of the ways you can balance this tendency is by opening your posture and connecting with positive internal resources. You can do this sitting up or standing. Lengthen your spine, lift and open your chest, roll your shoulders back and let them drop. This vulnerable and confident stance sends signals to the brain that you are safe and capable. Release tension in your jaw and hands. Next, close your eyes- this increases the feeling of vulnerability. Smile gently - this increases the sense of safety. Feel your feet on the ground and breathe deeply. If you are aware of discomfort, you can meet it with a sincere and compassionate "Of course I feel this way, I am human."

How you breathe makes a big difference. One of the most effective ways you can self-regulate is with your breathing. By paying attention and breathing more slowly into a relaxed lower body, you can lower levels of stress hormones in your blood stream and reduce activity in the more reactive and self-defensive parts of your nervous system. This practice builds the skill of being alert and responsive without being vigilant and reactive.

The key is low, slow and gentle. Begin with an in-breath for a count of four. As you breathe in, allow your lower body to relax and expand as it fills. Then pause gently for a count of four. The point of this pause is not to add tension, but to rest in a relaxed state. Breathe out for a count of four, bringing your lower body back together. Pause gently for a count of four. Begin another round by releasing your abdomen and breathing in for a count of four.

Breathing this way can become a habit. Many of us are used to lifting our chest when we breathe in, so it may feel a bit awkward to allow our lower body to expand when we breathe in. It is helpful to practice breathing this way throughout the day, whether you are stressed or not. If you wait to do this only when you are stressed or anxious, it is tough to get in enough practice, and it can feel like you are using the breathing to avoid or suppress difficult feelings. With practice, this will come more and more naturally. You will discover a wonder combination of more energy and less tension.

The Daily Practice

There are 5 steps to this practice:

1. *Unstruggle*
2. *Anchor*
3. *Self-evaluate*
4. *Send your wisdom*
5. *Consult your wisdom*

Keep this journal in a place that will help you remember to practice every day.

1. Unstruggle - get quiet and present. It is best to do this in the evening or before you go to bed. Settle down in a quiet space and bring your attention to your body. Unstruggle - sit upright, release tension in your jaw, shoulders, and hands. Breathe gently into a relaxed lower body. Acknowledge whatever you are feeling with as much acceptance and compassion as you can.

2. Anchor - Connect to what is most important to you. Rather than just listing these things in your head, take some time to feel how much you value these relationships, goals, qualities, principles and/or commitments. The more you practice feeling what is important to you, the more easily you will be able to connect to it during the day. Write these on the top of the page in your journal. Some of these things may change from day to day, and some things will remain day after day.

3. Self-evaluate - kindly and honestly. Reflect on the day with as much acceptance and compassion as you can. Do not get caught up in the circumstances of the day. Focus on where you have been putting your attention and energy.

Consider intent and consequences. In order to evaluate the effectiveness of our decisions & behavior, we need to consider both the intent behind the choice and the actual results of the choice. By acknowledging that well-intended choices can have unintended consequences, we can gain greater clarity and humility. Rather than defend our choices, we can simply learn from them.

The key is to be honest with yourself. You can be clear and direct about which of your strategies and behaviors are effective and which are ineffective while still treating yourself with respect and kindness.

Answer the two questions:

What is working?

What isn't working?

Do not skip the first three steps - If you take a few minutes to do this every day, you will build greater skills of self-awareness, self-compassion and self-discipline.

4. Send your wisdom - Write the reminders that your future self needs. On the note cards write down the wisdom that it will be most helpful to remember the next day.

Make the reminders present and practical. It is helpful to phrase them as if they are directed to you from a wise friend (because they are). The reminders should help you direct your attention and energy. Be careful about statements that make promises about the future - you don't know the future. Inspiring quotes and philosophical statements can be great - if they support action.

The most effective wisdom feels supportive, honest and true to your experience.

Some examples:

"You have more energy if you exercise in the morning"

"Read more, screen less"

"Practice gratitude"

"Reach out to a friend"

"You get anxious when you check the news",

"Take a moment to stand and breathe"

"You feel better when you eat less sugar."

5. Consult your wisdom. Keep the card with you and consult it during the day - especially when you are feeling aimless, overwhelmed, anxious, stressed, bored, restless, or unfocused.

Keep, edit, begin again. It is most effective if you do this practice every day. The routine and discipline of kind, honest self-evaluation is every bit as important as the reminders themselves. You may decide to use a reminder card for multiple days. You may decide that you want to add some new reminders to an old card. Or you may decide that you want to create a new card. The key is to be present and engaged in the process each time you do it.

Review previous cards. Place the cards you have used into the folder in the back of this journal. Occasionally it is helpful to take some time to look over the wisdom that you have sent to your self. Some of it is really good! If so, use it again!

Be patient. This is not a practice designed to create a dramatic overnight transformation. However, if you do this practice consistently over time, you will find that your behavior will be increasingly healthy and effective and your daily experience of life will be increasingly fulfilling.

**ENJOY, LEARN, GROW, THRIVE
TRUST YOUR WISE SELF!**

Date:

What is most important?

What is working?

What is not working?

TRUST

TRUST

YOUR

YOUR

WISE

WISE

SELF

SELF