

BUILT-INS & IN-BETWEENS

NOT "ONE MORE THING" SELF-REFLECTION JOURNAL

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You can't control the wind but you can adjust the sails.

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THE BUILT-INS & IN-BETWEENS

We really don't have time in our busy lives for one more thing. There probably are things you would like to do, things you would like to stop doing, and things you simply have to keep doing.

And, even within the constrictions of this reality, we can find enjoyment in life. We can smile more often. We can let our burden be eased.

The trick to easing the burden of "too much" is to **layer a bright awareness** over an already existing activity, chore, habit, or task.

As you become aware of yourself in Current Time, aware of the task, and then add a bit of mindfulness, gratitude, or simple presence, you begin to lay down new neural pathways in the brain.

The brain develops based on the experiences it has.

That means that if you continually feed the brain negative experiences...through your self-talk...the brain will develop a habit of negativity.

Change your mind and you'll change your brain. A happy mind creates a brain wired with the neural network of happiness.

The quality of mind determines your experience.

If the quality of your mind is poor, or unfavorable, then your experiences will mirror that. As you bring even the tiniest bit of awareness, a drop of perspective, to your daily activities and add a splash of gratitude or a dash of fun you change the way you experience life.

The quality of mind determines your experience.

Try it out now...

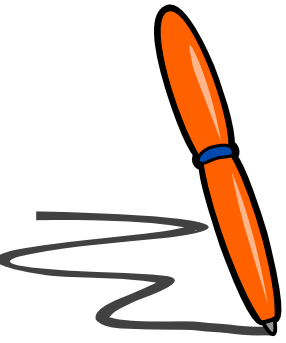


Imagine how many times in a week you wish you could just slow down, or stop altogether.

Now...consider how many red lights you hit each day. What if at each of those red lights, you could appreciate that your wish just came true! **You can stop.** In fact, you have to stop.

Let the stop be big and full. By expanding your awareness to being stopped, with nothing else you can do, just sit in the stillness. Stop everything...thinking, worrying. Turn off the radio. Enjoy the silence. Be fully present in Current Time and let gratitude wrap its arms around you.

USE THE BUILT-INS



The Built-Ins are things that already exist in your life, like stopping at red lights, or taking a sip of water. Part of the goal here is **not** to add more things to your already full plate. With the Built-ins, you simply layer over that activity a **mindful awareness**, that when practiced consistently, over time, without ceasing works to change the way you take perspective of the world and how you show up in it. How many personal Built-ins might you use for Current Time awareness?

How could you use these Built-ins to help cultivate mindful self-awareness?

Brushing Teeth:

Drink of Water:

Red Lights and Stop Signs:

Create your own...

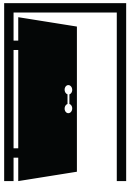
AND THE IN-BETWEENS

The In-betweens are the spaces between activities...the transitions from one task, conversation, or event and the next. Of course, the In-betweens vary in length, but usually they are super short. Sometimes only the space of an exhale. Can you consciously expand the roominess of your In-betweens? Can you allow yourself a micro-moment of rest, of stillness that can rejuvenate you or bring you fully into Current Time? How luxurious might your In-betweens become?

How might you use these In-betweens to deepen a sense of mindful ease and peace?

After starting or turning off your car ignition - What's next?

Transitioning from one class or meeting to the next:

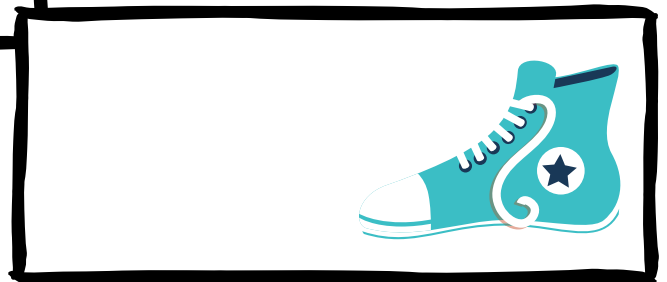
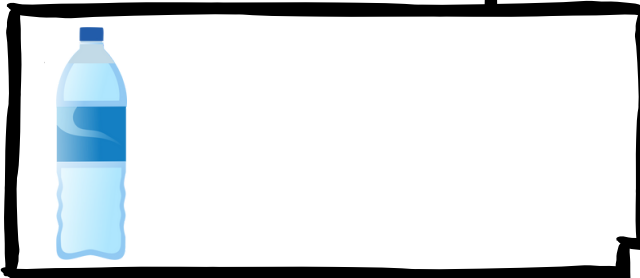
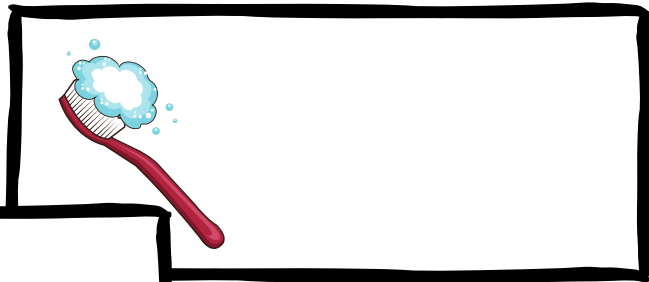
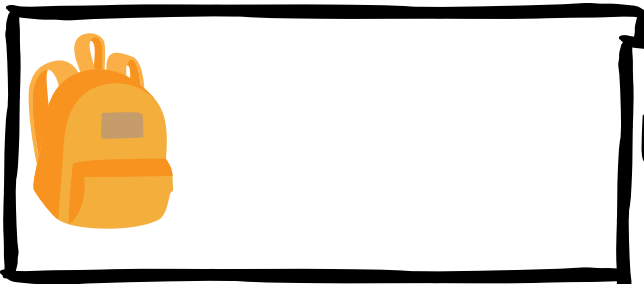


Doorways/Thresholds - entering or leaving a space/room:

Create your own...

Tips for Using with Your Children or Students

For each of the images, have your child, teen, or student identify 2 ways to layer a coat of mindfulness over each activity. For example: with the backpack your teen might make it a priority to keep the backpack clean so he or she can find their homework papers.



Ask your youngster...

How might you use these Built-ins to deepen mindful self-responsibility?

Try on your own:

How might you use these Built-ins to deepen mindful self-responsibility?

