

## PERSONAL PRACTICE #1

### TRACKING OUR AWARENESS AROUND SELF CARE

#### “Noticing —Recording the Highs and Lows for Each Day”

- One of the best ways to ‘track’ and increase your own awareness regarding the core value of **CARING** is to begin and end the day with a simple practice of setting and revisiting an intention to become more aware of what nurtures or steals your energy in the workplace and/or your home space. Begin the day in whatever way you choose with a simple morning intention to notice when the environment at home or work supports a healthy, healing environment or when it does not. Try to do this without judgment but simply observe yourself... *observing* yourself.

## PERSONAL PRACTICE

### HI-LO AWARENESS EXERCISE



- At the end of your day, take a few moments for a simple ‘life review.’ In your journal, make a list of the high points and low points during the day related to when you felt cared for and/or cared for others. Some people find it useful to share their **HI/LOW Exercise** with a companion or friend.

### **STEP #1 SET AN INTENTION**

The first step encourages caregivers to become more conscious of how the workplace impacts our personal lives. Find some way to remind yourself at the beginning of the day to set an intention to observe when your environment is supportive of your healthy self and when it is not; of course, the inverse is also worth noticing: “When do my own attitudes and behaviors contribute to or diminish my work and home environment?” As a support for remembering your intention, consider using an iPhone prompt, message on the bathroom mirror, in the car or at your desk. If you have a morning spiritual practice, consider including your intention as an additional means of support.

### **STEP #2 OBSERVE WITHOUT JUDGMENT**


This practice has been well studied and tends not to work when we shift from observation into judgment. The goal is to notice what does and does not support health on a day to day, hour by hour basis. Imagine that you have a camera or ‘third eye’ recording yourself throughout the day. Like a camera, the job of our inner-witness or observer is just to notice ‘what is’ throughout the day. You might even consider setting your watch or phone with a noon chime to remind yourself to remain aware for the remainder of the day.

### **STEP #3 HI-LO JOURNAL ENTRY**

At the end of the day, create a habit of spending a few moments looking back at the ‘spiritual geography’ of your day. There will usually be at least one ‘high’ or ‘low’ point worth noting. If there are several, keep a simple list and date your entry. Again, the most important aspect of this practice is simple awareness. At the end of a week or month, you will find it useful to see what kinds of patterns emerge. Sometimes patterns of behaviors or situations emerge that contribute to undermine a healing environment. With this awareness you can become more free to choose life giving responses when similar circumstances arise in the future.


## OPTIONAL PRACTICE INSPIRED BY: “WHAT THE BL@&\* DO WE KNOW” FILM

If you found the insights from Dr. Joe Dispenza’s **Quantum Morning Offering** compelling, you might ‘test out’ his thesis of what it means to begin the day ‘infecting the quantum field’ and becoming surprised at what shows up at the end of the day. Here is the slide from the ***Soul & Science of Caring Retreat*** with the text:



### A QUANTUM MORNING OFFERING

I am creating my day  
I am Infecting the quantum field.  
If *You* are watching me while I am doing this,  
Show me a sign today that you paid attention  
to any of the things I have created.  
And bring them to me in a way that I won't  
expect.  
Let me be surprised at my ability to  
recognize these things  
And make it so that I have no doubt that the  
sign has come from *You*.



Dr. Joe Dispenza  
Adapted by Mary Graves