



## Practice Noticing

“Presence centered awareness is shown to to be a key ability for successful strategic leaders. Isn’t that a bit of a paradox ...”

### What is this?

A simple way to get more in connection with yourself and gradually grow your present centered awareness.

Practice in the Self, With the Other and in the System.

### How to

#### Self

Set an hourly reminder. Every time it goes off, spend 30 seconds to connect with yourself.

Notice and name your 4 ways of knowing:

1. Your thoughts
2. Your bodily sensations
3. Your emotions (or feelings)
4. Your energy.
5. Note the beauty of yourself. The small and big things you appreciate.

#### Other

When engaging with others, notice and name how your 4 ways of knowing are affected with these others.

1. Your thoughts
2. Your bodily sensations
3. Your emotions (or feelings)
4. Your energy.
5. Note the beauty. The small and big things you appreciate.

#### System

Throughout the day, make micropauses to take in the beauty of life.

It can be as simple as viewing a flower or a tree. Meeting someone. Enjoying the taste of something. Enjoying a breath of fresh air. Hearing something. Seeing something.

Aim for the small things, and enrich the experience.

1. Set the intention of finding and appreciating beauty, and stay with it for a few seconds.
2. Let the appreciation, the fascination, the feeling of wonder grow in you.