EVERYDAY PRACTICE

TWELVE SMALL PRACTICES FOR ATTENTION, CHOICE AND ACTION.

ORIGIN

Choose what fits today

Read a practice, try the smallest useful version and record what happened. These are everyday activities, not a treatment programme. No breath holding, forced breathing or physical challenge is required. Stop any activity that feels uncomfortable.

Find a starting point

01 - Arrive
02 - Name the task
03 - Make room
04 - Check the assumption
05 - Ask clearly
06 - Take the ordinary pause
07 - Choose the minimum
08 - Close the loop
09 - Repair a misunderstanding
10 - Notice the useful
11 - Simplify the environment
12 - Return after a gap

Arrive

Useful moment: When moving from one task to another.

Put down what you are holding. Look at the space around you. Choose where to begin.

Smaller version: Keep your eyes open and simply notice one object.

What did I notice?

Would I repeat or change this?