

TOOLS TO BE MORE AWARE IN THE MOMENT



Add your own favorite;
individually and for the team.

INDIVIDUALLY

- Breathing: several techniques, for example taking a deeper breath
- System tension check: physical, emotional and mental.
- Internal inquiry - remember The Gap
- Meditation
- Body awareness
- Shift level of awareness
- Centering
- Micropause
- Release tensions - shaking
- Be aware of stress signals
- Smile
- Humor
- Silence
- Observing
- Closing your eyes
- Be aware of your senses
- Slow down
- Use the meditation app
- Mindful talking
- Mindful listening
- Present in the moment
- Being authentic
- Body contact - Hugging
- Impulse regulation
- No multitasking
- Enter the office with a smile
- Put aside mobile phones
- Attitudes card on every desk
- Attitudes screen saver on the computer
- Listen to music/look at art

RELATIONAL - TEAM

- Meetings: Check-in: six different check-ins
- Meetings: Check-out
- Enter meeting rooms with a smile
- Meditate before a meeting
- Breaks between meetings
- Break: everyone take a deep breath
- Relational awareness
- Openness
- Empathy
- Compassion
- Make eye contact
- Non-judgmental listening
- Asking open questions
- Aware direct feedback
- Difficult conversation analysis
- Karpman awareness
- No mobile or laptops in meetings
- Monthly attitude in the company

REMEMBER THE ATTITUDES IN THE MOMENT:

1. Acceptance
2. No judging
3. Patience
4. Trust
5. Conscious striving
6. Beginner's mind
7. Letting go
8. Gratitude
9. Generosity