

Curiosity Corner

Grow your awareness and open doors to an inspired life!

Experiment...

See the Value in a Single Activity or Conversation

Time: One hour or more... you choose!

Your life is finite... it is impermanent... we all have an expiration date! By settling into the mindset and truth of your limited time, you can discover how you want to invest your time and energy into what matters most. Take one hour (or more) to see your life through a new perspective and discover the value and perhaps preciousness of your day-to-day existence.

STEP ONE: Choose one hour of your day to explore your life beyond the typical way you see it and approach it. If possible, include a conversation with another person.

STEP TWO: Enter this hour with the idea that this is the very last time you will perform this activity and/or have a conversation with your chosen person. Bring the very best within you to this hour.

STEP THREE: Be aware of yourself, others, the environment, the situation. Tune into all the tiny nuances of what happens during this hour. Stay present.... when your mind wanders return yourself to the present moment. You may need a reminder to do this, e.g., put a rubber-band around your wrist or a note (one word or phrase, e.g., be here, notice, fresh eyes, etc.) in front of you. Everytime you see it, return to the present moment.

STEP FOUR: Reflect.

- What did you learn?
- What did you notice that you have not previously noticed about yourself, others, or the situation/activity itself?
- If it were true that this was THE LAST TIME, what would be missing from your life going forward?
- What will you change about yourself or your life as a result of this new awareness?