



INNER THOUGHTS

WHAT PEOPLE CAN'T SEE

SITUATION _____

What stuff shows up inside to get in the way of me moving toward what matters?

Who and what matters most to me in this situation?



AWAY

NOTICING



TOWARD

What do I tend to do when that inner stuff shows up?
How workable is this in the short/long term?

If I were really living in line with what matters most to me, what would I be doing?



EXTERNAL ACTIONS

WHAT PEOPLE CAN SEE

What simple daily steps might help me do what matters, even when the tough stuff shows up?

You can use the noticing map to work through any situation.

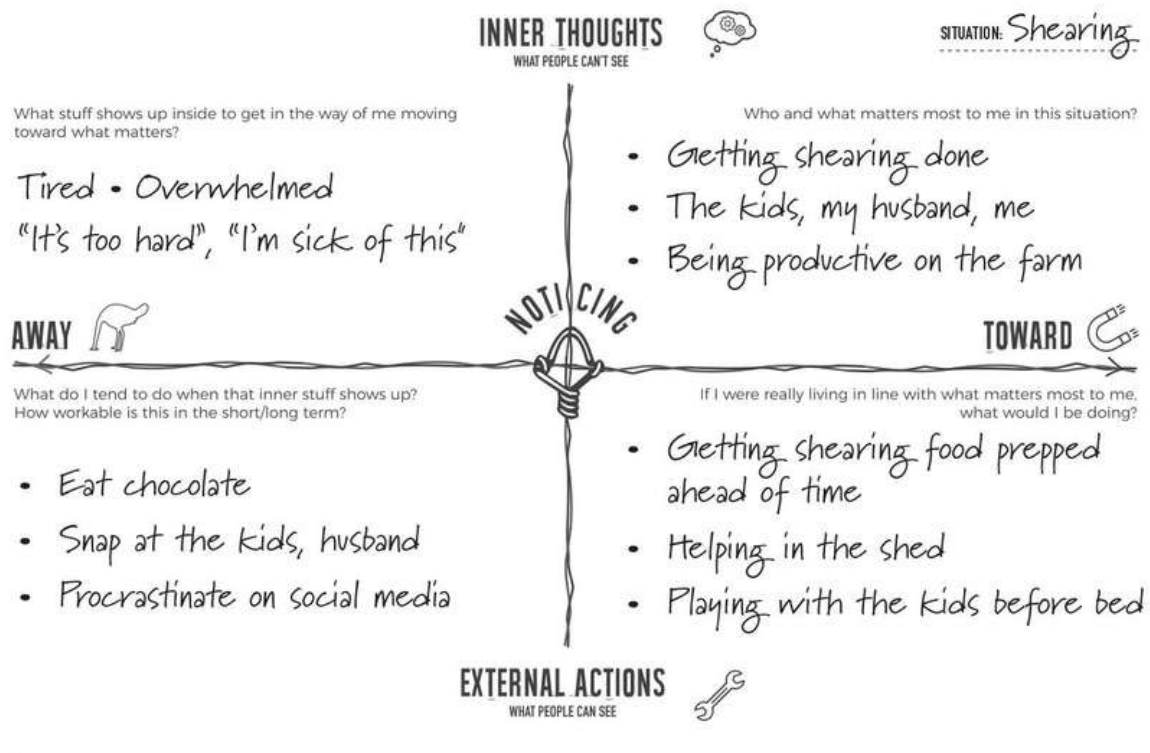
Asking yourself:

1. Who and what matters most to me in this situation?
 - What really matters to me about how I respond to this?
 - How do I want to be as a person?
2. If I were really living in line with what matters most to me, what would I be doing?
3. What stuff shows up inside that can get in the way of moving towards what matters? (thoughts, feelings, sensations)

4. When I get hooked on that inner stuff, what do I tend to do?
5. How well do these strategies work (how workable are they?) in the short and long term?

In the centre of this map we have ourselves, noticing and observing – we can practice this skill in noticing, observing our own experiences and the actions of others in a kind and curious manner.

Finally, we can plan for success by noting: “What simple steps can I put in place to move towards what matters, even when the tough stuff shows up?”



What simple daily steps might help me do what matters, even when the tough stuff shows up?

Spend 5 minutes playing with the kids • Drink water • Do a gratitude check