

Practices from **unlocked**



Silence – rest or powerhouse

- 5 minutes
- No distractions
- Focus on the quiet whatever level
- Breath
- Reflection – about integrating thoughts to clarity



Story – Create a Mirror

- Write a personal story every day
- Review your stories over time
- Ask others to tell you stories they remember about you



Social – Gather Support

- Accompanier
- Practice Partner
- BuddyCommunity



Seek – the unexpected

- Pose a question each day
- When possible, sit in ambiguity for longer than you would like



Select the most important thing

- Satisfaction
- Achievement
- Revenue
- Problem solving
- Get out of discomfort