

	ITEMS	DESCRIPTION
VIEW & INTENTION	1 Observer/ Perceiver (Level 1)	<u>Listening Filters</u> that shape your listening in a binary way. <u>Triggers</u> that arise in the body (sensing or breathing) as an acute reaction to a perceived threat, risk, or insecurity.
	2 Observer/ Perceiver (Level 2)	<u>Reactive Self</u> : reflexive, automatic, habitual energy or impulse provoked by some situation or circumstance to defend or protect identity. <u>Resistance</u> as perceived as “getting hooked” onto something said, or something experienced from within self or from others
	3 Observer/ Perceiver (Level 3)	<u>Implicit Bias</u> : present to the context(s) that use you, and to frames of reference that inform you. <u>Worldviews</u> : present to larger context that shapes views, and projections. <u>Winning Formula</u> : present to listening through automatic coping strategies that shape listening, speaking and action.
ATTENTION & FOCUS	4 PAUSE (1)	<u>PAUSE</u> : to 1) <i>stop</i> habitual energies, 2) <i>calm</i> breath, 3) <i>rest</i> into this moment.
	5 PAUSE (2) Before speaking Between events	<u>Before speaking</u> : “Pause” and connect to matter at hand (out here). <u>Between events</u> : “Pause” and feel the ground beneath your feet. Breathe deeply (3X), and enter events clear.
	6 Bracketing	<u>Setting aside an observation (or opinion)</u> and focus on matter at hand.
	7 Concentration (looking deeply, coming back)	<u>Sitting/Breathing practice</u> : <u>coming back to breath</u> and <u>looking deeply</u> . <u>In life</u> : looking to connect deeply with the object of your attention. Cultivate openness and resonance for connection. (See C-CRISP practices.)
	8 Mindfulness (Being with)	Sitting (Breathing) practice. The experience of “bracketing” and <u>being with what arises</u> as it is – with non-reactive awareness (w/o attachment/grasping).
9 Completion/ Being Complete	Notice any incomplete items that show up in life. Complete any incomplete item, any unexpressed conversations, or schedule any items to complete. Place incomplete items reliably in existence to disappear concerns. Practice <u>acknowledgement</u> , <u>declaration</u> and <u>recreation</u> to access completion.	
ACTION	10 Acting Now (1)	Notice any project, task, or decision you are putting off. Acknowledge fear, stress, or insecurity, and pause. What action (promise, request or offer) can you take/make? What stops you?
	11 Acting Now (2)	Notice any conversation you are putting off. Acknowledge any fear, stress, or insecurity, and pause. Give up being right, and then communicate by <i>being straight, clear, and specific</i> in any conversation.
	12 Workability/ Honor Word	Notice areas of “unworkability” in life. Explore where you’ve given your word, and reflect on where you’ve broken it, the impact, and any missing condition.