

## **Bold Book** Notes – Slowing Down to the Speed of Life – by *Richard Carlson and Joseph Bailey*

We measure (as moms) our success by our ability to **squeeze it all in** such as:

- Having a clean house
- Making homemade healthy meals
- stimulating days for our children
- dutiful wife to hubby

*(Notice there is no mention about what to do for ourselves?)*

Slow down your life from the inside out and learn to live in a calmer state of mind.

**Now:** Your inner world (your thoughts and feelings) is packed with:

- Worry
- Pressures
- Overwhelming feelings
- Fantasizing about peace at the end of the journey

**YOUR INNER WORLD CAN BE SO FAR FROM BEING IN THE MOMENT!**

Our inner world and experience of stress is **not** from circumstances (outside forces) but by **how we think about life.**

***Learn to take control of your life and not be victimized by it***

**Mom Example:** your success is tied up in your thoughts about what it takes to be a successful mom and what successful children look like

**LEARN THIS:**

- Other peoples' and your children's habits, attitudes, behaviors and moods DON'T have to affect the quality of your day
- How to maintain calm during your kids' storms
- The best preparation for your future and your kids' future is to live your life fully in the present.
- Our experience of life is directly linked to the WAY WE THINK

**WE HAVE THE POWER, WITH OUR BRAINS,  
TO TRANSFORM / SLOW DOWN  
& LIVE IN THE MOMENT**

## Why is it important to SLOW DOWN?

- Reduce Stress (which can flow from us to our kids in the form of anxiety)
- Improve physical health
- More present and loving connections
- Heightened sensory awareness and enjoyment of natural beauty
- Greater peace
- Improved ability to be productive / creative / focused

## We CREATE our experience of life through our THINKING.

If you see life as being full of demands and feel overwhelmed, our thoughts coincide with this view

We think outside circumstances & forces create our feelings, so we try to push back / change / blame external forces

WE SEEK SOMETHING EXTERNAL TO FIX IT – WRONG!

## The actual source of our experience – good or bad – is OUR THINKING.

Thought + Consciousness = Experience

If you can realize you are having a negative thought, you can change it to a neutral or positive thought.

**Mom Example:** Negative circumstance: Home alone with kid who continue to have temper tantrums or just won't listen.

*One thought:* “Man this kid is crazy! He is stressing me out and I just can't stand it. What am I doing wrong?”

*Neutral thought:* “My kid is probably going through some phase, as I've made sure he's not hurt, hungry etc. I'm going to make sure he's in a safe spot and let him have his fit while I put on some calming music.

THE CHALLENGE? How do I do it IN THE MOMENT?

Good News! We all have the capacity to call a time out and recognize our thinking.

When we begin to see our thoughts drive our feelings, actions and results or create our experience – we become LESS ATTACHED to thinking a certain way. We become more clinical vs. emotional/judgmental.

As we practice being “the watcher” ... as we see ourselves as the thinker of our own thoughts, we can also see ourselves as the creator of our own moment to moment experiences we can create permanent changes to how we see our life.

## GRATITUDE AHEAD OF TIME

**Mom Example:** This takes work and practice, but it starts with the understanding that we cannot look outside ourselves for fulfillment, a job well-done, calmness, happiness nor are things outside of us making us feel sad, mad, stressed, anxious.

IT IS ALL WITHIN US AND OUR MINDS.

Even though we feel so connected to our kids understand we can't control them, nor can they be the source of our happiness or our stress.

### **We create the happiness and we create the stress, which do you want to have more of?**

Your life is a journey. You are the captain. Nothing is more important than learning to navigate effectively.

We rely on process thinking (only to be used when all variables are present) when we should use free-flow thinking – solutions will come to a quieter mind.

When you feel rushed, out of control, you've navigated away from healthy flow thinking and are in "overactive mind" waters.

We need a moment of recognition!

### **How to do this? Access free-flow thinking by knowing it EXISTS!**

(You can also do thought downloads during quiet times – write down thought sentences, feelings felt by thinking those thoughts, what are the outside circumstances, what are your actions and results by thinking those thoughts and feeling those feelings?)

## **THINK ABOUT YOUR THINKING. (Make space and time to do this!)**

- If you are feeling comfortable – you are in healthy mode of thought
- If you are feeling uncomfortable (stress, mad, anxious, etc.) you are caught up in unhealthy thinking.
- UNDERSTAND this and back off and reflect to pinpoint those thoughts that are causing you to feel the uncomfortable emotion.
- It's like a thermostat that kicks the heat on... Your feelings alert you when you need a mental adjustment
- Do NOT be judgmental about yourself and your feelings! Just RECOGNIZE they are THERE.

**Negative feelings can serve you as an alert that your thinking is no longer serving you.**

**Mom Example:** Mom asked the kids to get ready for school and they don't, or they screw around while getting ready. Negative emotions like anger and frustration alert mom that she needs to stop, recognize what she's feeling, then switch gears to get the kids back on track in a more neutral tone.

You are going to be upset, but you can learn to see your uncomfortable feelings as not something to react to but as information to guide you in a different direction.

It is easy to forget what we are thinking, and that thinking is creating our experience.

Remember, we are in control of our brain and our thoughts

**Moms:** We may fill the mind with thoughts about our never-ending list of things to do and then wonder why we constantly feel rushed, as if there isn't enough time.

Solution? THOUGHT DOWNLOADS! Write down what you are thinking – how that thought is making you feel, how that feeling is making you act, how that action is driving your result.

Remember: WHAT WE THINK CREATES WHAT WE FEEL

**Mood shift? It is only the quality of our thinking.**

Bad moods are like internal bad weather. Storms that will pass through. Same surroundings – the difference is our thoughts and perceptions.

Instead of looking for validation of how bad things are

Or

How badly behaved our children are behaving

Or

How overwhelmed you feel with all the demands of stay-at-home mom life.

*You can have a thought download and recognize "Of course! I'm always pessimistic when I'm feeling down, that's just my thinking!"*

## The TRICK:

***Grateful for high / good moods***

***Graceful in low / bad moods***

***Acknowledge it, let it pass, don't overreact or resist***

Overreacting in low moods makes sense, we feel a sense of urgency – serious discussions try to solve problems, figure out what's wrong, etc.

Just RECOGNIZE you are in a low mood and that you are seeing life in a distorted way.

Urgent issues and problems will always seem less pressing and easier to address when our mood is HIGH.

## CAUGHT IN THE MOMENT

= caught up in analytical thinking (mulling it over, thinking the same thing and not recognizing the pattern).

**Mom Example:** Caught up in stressing about kids being late to school – thinking they are unfocused or just not listening = uncomfortable stress and feelings (obsessing)

QUESTION FOR YOU – WHAT GETS YOU CAUGHT UP?

Examples: Neighbors messy yard, the cleanliness of the house, that your kids can't or won't put away toys when asked... It's all fair game.

The fact that your caught up is more important than:

- The yard,
- The clean house
- The kids not putting toys away
- The more caught up = the worse you feel.
- You lose the ability to see THE BIG PICTURE
- You lose the ability to see problems are small NOT big.
- You aren't RIGHT HERE RIGHT NOW.

You're...

- Rehashing the past
- Fretting about the future

This thinking is pulling you away from the RIGHT HERE / RIGHT NOW

Being caught up screws with your

- Sense of well being
- Wisdom
- Ability to solve problems

Recognize that you're CAUGHT UP and it will bring you back to RIGHT NOW

### 2 ROADS: (Mom Example)

#### Caught Up Ave.: 7:15am

"Crap! I woke up late! I hate Mondays! The kids aren't even up! Sam isn't going to get his homework done on time! We are going to be late! The car line at school is always so long!"

#### Flow-Thinking Freeway: 7:15am

"Crap! I woke up late! I hate Mondays!

Catch yourself and your thinking and say to yourself, "Wow – there I go again on the negativity train."

Recognize thoughts and the words you use "I HATE Mondays" trigger stressful thinking. Get into a calm space (take deep breaths)

Don't pretend things aren't exactly as planned but because you will be less distracted with stress thoughts you are able to use your wisdom to find:

- Shortcuts to the morning
- Realize that Sam will have the natural consequence for not being prepared and will learn a lesson
- Kids may be a few minutes late and will either receive a class consequence or not... another lesson to learn for them to pick up the pace in the morning.

### **WHAT WOULD YOU RATHER FEEL?**

- Rushed & Hurried or CALM?
- Frustrated or JOYFUL?
- Anxious or CURIOUS?

It's about slowing your mind to see things clearly... being in the zone (like a baseball player seeing the pitch in slow motion).

Listen to your internal buzzing (stress, frustration, anxiety) it's there to signal you to recognize your thoughts and snap you back to RIGHT HERE / RIGHT NOW

## GETTING BACK TO THE RIGHT HERE / RIGHT NOW:

### Listening

- True listening.
  - Moms may find it hard to truly listen to their kids because our thinking says, “we are the adult. We know better. It really doesn’t matter what my kid says. I have final say.”
- Listen with no:
  - Interpretation (we are filtering it through OUR understanding)
  - Prejudice
  - Preconception
  - Expectation
  - Anticipation
- BE OPEN and listen while neither agreeing or disagreeing
- Free flowing listening is like listening to music.

### Seeing the wisdom of NOT Knowing

- Constantly trying to figure it out gets us stuck, then stressed
- Instead: Unlock a new / creative solution by free flow thinking. Need to say to the problem: “I don’t know how to solve this” unlocks the brain so it can.
- Ask your brain to go to work for you by asking it the RIGHT question
  - What’s a new approach?
  - Who do I need to ask for advice on how to solve it?
  - Etc.
- We moms are in the habit of rehearsing our lives, going over:
  - What we must do today
  - What we did yesterday
  - What must be done in the future
- We keep busy and preoccupied with the “should” so we feel prepared. We are closed off to the present when we do that.

### Have Faith in Free-Flowing Thinking

- A calm mind unlocks creative problem solving. As you slow down...
  - You become less forgetful
  - You work and live smarter
  - Memory, insights and creativity become more efficient

### Putting Problems on the Back Burner

- Leave your brain, experience, intelligence in the back-burner pot to work on a problem – later! It’s like a slow cooker recipe... it chugs along as we go about our day.
- Recipe for your back-burner crock pot:

- Add:
  - problems,
  - decisions to be made
  - possible solutions
  - facts
  - timetables for when you need an answer

*and let your brain simmer on it...*

- Doing this allows:
  - You to SLOW DOWN and attend to what's happening NOW
  - Puts your most reactive and intelligent thinking to work on things you don't have an immediate answer for.

*Put them in the slow cooker but don't turn it off... that's just procrastinating*

MOMS! What is a concern you have that you don't have the answer to?

Write it down and put it into your "slow cooker" file including:

- The nature of the problem
- When you need a solution
- Any other specifications

And then let it go! And no checking every 5 minutes....

## PITFALLS TO AVOID:

### ***Avoid THIS!***

- Overanalyzing your problems and your life
- Don't:
  - Obsess
  - Analyze
  - Calculate
  - Or imagine possible outcomes as if they are happening
- DON'T GET INTO YOUR TIME MACHINE OF FUTURE FEAR!
  - It takes you far away from RIGHT HERE / RIGHT NOW
    - Moms! Don't we try to predict our kids' lives instead of being comfortable with the unknown?

We can only use analytical thinking when all the variables are KNOWN. Can we say that about our kids' lives?

NOPE! Lots of unknowns!

### ***Avoid THIS!***

- Self-Judging and being our own worst enemy

**Remember this quote, "I will not SHOULD all over myself today."**

- Once thought recognition happens we can either...

Be grateful that we've realized it and tap into free-flow thinking

OR

Beat ourselves up for being so stupid, mean, etc.

### ***Avoid THIS!***

- Living in the past (good or bad past)
- If you are there (in the past) you aren't HERE

## REDUCE STRESS

### 1. *Know that inner peace is possible*

- Stress varies because it is tied to our thoughts about it
  - **Mom example** of stress
    - THOUGHT #1: “My kid is behind in math. He’s never going to get into a good college.”
    - THOUGHT #2: “Math may not be his thing. I’m more interested that he’s trying his best. He’ll find his path which may not be the one I originally thought it’d be.”
  - Admit that getting what you want ISN’T the ultimate answer

Ask yourself: “What is happiness to you?” “Is it getting what you want?”

Mom: Chasing the happiness for my kids, giving them a full, fun, successful life. (can we control this? NOPE!)

### **Moms – What’s on your list of conditions to be met to make you happy?**

The more we want something we can’t have (like the super power to create a happy life for our kids) the more stress we feel....

INSTEAD...

***Practice and experience thinking (tied to feelings and emotions) that allows you to feel peaceful regardless of outside circumstances... regardless of getting what you want.***

### 2. *Learn not to deal with / struggle with problems*

- Sometimes focusing on the issue only exacerbates it.
  - INSTEAD...
- Change your thinking! It is inside you! You have the power to do it and you don’t have to wait on anyone else!
- Validate stress by saying it’s “out there”

### 3. *Understand stress originates with our thinking*

- It DOESN’T “HAPPEN” to us
- It develops within our thinking
- **Mom Example:**
  - THOUGHT: “My house is never clean.” This thought leads to = “What will visitors think?” Snowball of stress can build up.
  - RECOGNIZE your thoughts “There I go again...”
  - Snap back to RIGHT HERE / RIGHT NOW and see that you may be blowing things out of proportion
- You may be right about your house BUT with a calm mind you can either set a plan to clean it or not... but your thoughts about it will change and the feelings about it will change.

- The more you think about what you're doing rather than doing it, the more urgent your schedule feels.

**TRUTH: Stress does not exist, except in your own thinking**

**Stressful scenario:** Thinking about your packed day... thinking about all you must get done

VS.

**Calm Scenario:** BE in the moment of each thing one at a time. Don't think about the next thing until you are done with the first.

#### 4. **Learn to NOT allow passing thoughts turn into THOUGHT ATTACKS**

- When you dwell on a thought, the object of our attention will grow in our minds.
- **Mom Example:** THOUGHT "My kids don't listen to me and don't do what I ask them to do without it becoming an argument"

Disregard this thought or put it on the back burner

OR

Focus on it and make it GROW... (While inviting feelings of anger and stress...)

- They disrespect me
- They don't love me
- They won't be able to succeed at school or life without listening
- I feel resentful and taken for granted

#### 5. **Avoid temptation to get caught up in details**

- THOUGHT: "I'm frustrated with my son."
  - Passing Thought: we all get frustrated with our kids

or

Fill in the Details: He is obsessed with video games

- He's acting rude
- He's not cleaning his room
- It's a battle to get him to do anything.... (on and on and on)

#### **LET IT GO OR PUT IT INTO THE SLOW COOKER**

- HOW COOL WOULD THIS BE?
  - Instead of allowing your thoughts to spiral out of control...You simply NOTICE THEM and LET THEM GO?
  - Feelings of
    - Urgency
    - Stress
    - Anxiety
    - ALL GONE!
  - You just get to feel CALM

## Thoughts are just thoughts. They can't harm you without your consent!

### 6. *Lower your tolerance for stress*

- Recognize it before it becomes BIG
- If you can handle lots of stress – you become more tolerant for more stress
- REMEMBER! STRESS IS A SIGNAL TO CHANGE YOUR THINKING!
- Build your ability to notice your stress signals sooner and sooner

## BEING PRESENT IN RELATIONSHIPS

In the moment, free-flow thinking allows us moms to be with our kiddos without:

- Agendas
- Preoccupation
- Resentments
- Guilt
- Jealousy
- Other negative emotions

Our mind is **not** busy thinking what should they or we be doing right now?

When we do this, our kids feel...

- Compassion
- Patience
- Respect
- Acceptance
- Interest

... from us!

**As moms, we can work to understand (1<sup>st</sup>) ourselves and then (2<sup>nd</sup>) our kids!**

Thought recognition allows us moms to see our kids with more...

- Appreciation
- Tenderness
- Compassion
- LOVE!

Our connections will change and improve even if / when WE are the only one's doing this mental "work".

As parents, we tend to operate out of our conditioning... our beliefs, prejudices, opinions, past

REMEMBER: We are all unique and separate from each other – kids included!

Free-flowing thinking builds bridge of love, understanding, acceptance from mom to child.

- What can get in the way of this bridge? A BUSY MIND!
- When we are calm – they (kids) are more calm

**Realize – your happiness is not dependent on how your children act.**

## LEVELS OF RELATIONSHIPS

Bliss

Unconditional love / joy

Compassion / healing

Warmth / kindness                      above the line = feelings of security

Bother / irritation                      Below the line = absence of love

Anger / conflict

Hatred / violence

Indifference / Isolation

## Our moods affect thinking about others

When you are in a LOW MOOD, take your perceptions of others with a grain of salt

- Don't take other people's low moods personally!
- Don't try to make decisions or communicate about difficult or important subjects if either of you (hubby/wife or mother/child) is in a low mood!
- Work on the connections. It all starts with YOU focusing on YOU!
- Get into free-flow thinking
- Let go of your expectations of a particular outcome
- Get permission from others
- Speak from the heart
- Listen with nothing on your mind
- Stay on a warm, respectful, compassionate track

## Understanding and Acceptance of Kids

When kids are feeling insecure, they can act like an injured animal. You can be coming at them with all positive intentions, but they will lash out at worst or be unappreciative at best.

When we understand this, and recognize our negativity at being lashed out at, we will take their negative behavior LESS PERSONALLY!

## PEACEFUL PARENTING

We miss most of the present moments by focusing on the FUTURE

*Thoughts can ping-pong between...*

Someday will be better than today. and Yesterday was better than it really was.

Step back - Gain access to Wisdom - Respond appropriately to the MOMENT

Learn to live in and appreciate the moment, regardless of how it may be unfolding

*instead of*

reliving memories of the past and/or anticipating moments yet to be.

### Why is it important to slow down as a parent?

There are serious consequences to speeded up, busy-minded parenting....

- Always reacting instead of responding
- Taking negative behavior personally rather than seeing the innocence
- Little events become front-page news
- You miss the good times
- You lose sight of your compassion
- You expect too much from your children
- A busy mind (taking thoughts TOO SERIOUSLY and operating TOO quickly) is a NERVOUS, AGITATED, EASILY-RATLED MIND!
- A busy mind is like a bee hive buzzing away!!!
- Responsive / free-flowing mind takes things as they come

Example: Circumstance (outside of your control) = Spilled Juice

#### **BUSY MIND:**

Mom yells, "I can't believe you just DID that! That's 3 times this week!"

Negative feelings and frustrations and ensue.

The mind is busy, full of concerns, past errors, anticipating future messes / issues

#### **RESPONSIVE MIND:**

Mom says, "Spilled juice is spilled juice – nothing more nothing less."

No extra thoughts are added

The mind is calm (not reactive)

Using Thought Recognition

When a child acts out.... The BUSY MOM MIND sees:

Negative behavior is done on purpose to get back at you

OR

Negative behavior reflects your poor parenting skills

The BUSY MOM MIND tends to take your own thoughts TOO SERIOUSLY

- You REACT to your own thoughts
- Example of a PASSING thought...

“I wish my kids wouldn’t fight so much”

URNS INTO...

“My kids are always fighting! What’s wrong with them? What have I done wrong?”

= THOUGHT STORM! AND A LOSS OF PERSPECTIVE!

***It is hard to see innocence when the BUSY MOM MIND is calculating motives and agendas and convincing you that they, or you, are faulty.***

### **MOM Exercise:**

When the thought... “I wish the kids wouldn’t fight so much” happens...

- You’ll have the thought MINUS the mental ambush
- You’ll remember the potential your thinking has to blow this out of proportion
- You’ll remember YOU are the THINKER and have the POWER to control your thoughts
- If you lose it, you’ll be in tune to the alarm system and recognize your thoughts and calm your mind.

**Compassion for others (kids included) is also tied to mom’s having their own thing to help build them up.**

Remember Moms:

- It’s difficult being a child...
- Each age has challenges and limitations
- Try not to blame them (your kids) when no blame is needed
- Try to remember your own childhood and times when you were frustrated, angry etc. – it will help build compassion.
- When you’re busy / irritated = little tolerance and we expect near perfect behavior and performance from kids
- When you don’t get this, you feel....
  - Annoyed, Bothered and you let others know your dissatisfied.
- Moms – when you expect too much from your kids – THEY FEEL IT! They feel:
  - Unappreciated
  - Like they aren’t good enough

- Low self-esteem
- Deviant behavior, possible

### ***Slow down and you'll notice....***

- Much more tolerance
- Much more acceptance
- You'll expect less and appreciate more
- You'll accept things and people for what they are, right now

**You'll still encourage children to be children to be their best, BUT you won't demand they be better than they are to earn your love.**

### **RESULT: Kids feel**

- More LOVED
- More RESPECT
- More FEELINGS OF SELF-WORTH

### ***Eliminate most of the anxiety raising children***

- When YOU feel good, emotionally life is easier to digest
- Things (including children) don't have to be perfect for you to be happy.

### **Benefits of slowing down thinking:**

- Ordinary moments become beautiful
- You become less reactive and more reflective and responsive
- You begin to see that much of what we moms get upset about DOESN'T REALLY MATTER VERY MUCH.
- It helps to put the focus on YOU and what YOU want to do for YOURSELF (SELF-CARE) so your kids aren't under your BUSY BRAIN MICROSCOPE.
- Slow your mind = better at noticing when your "alarm bells" of rushed and reactive thinking are going off and shift your thinking back to responsive, reflective free-flow state.

### ***Loving feelings of appreciation for the gift of being a parent increases:***

- BUSY MOM BRAIN can't receive the loving feelings of parenting
- Slow down to speed of life = receptive and space to feel grateful
- Feel more gratitude when BUSY MOM BRAIN isn't distracted by thoughts of overwhelm or stress
- You'll MODEL peaceful behavior
  - What messages are you sending to your kids now?
  - What do you want to send?
- MOM CALM = KIDS WILL BECOME CALM(ER)
  - You're taking the oxygen out of the fire
- ELIMINATE REGRETS

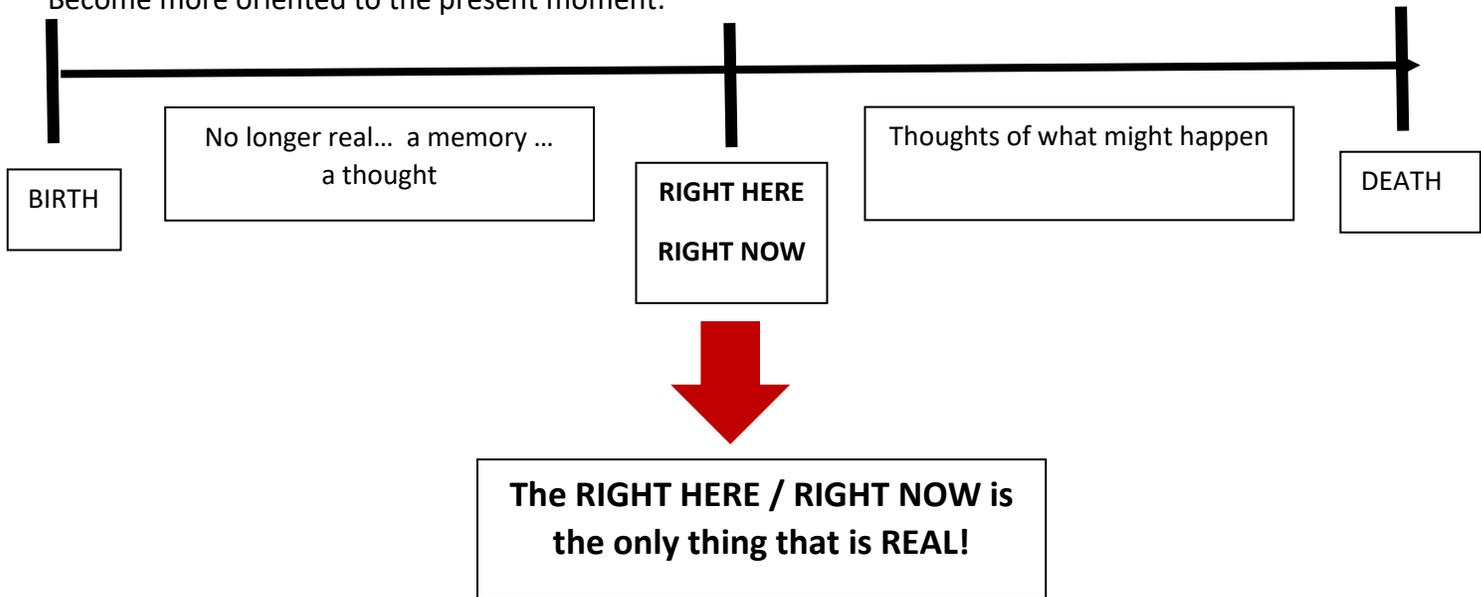
# the **BOLD**MOMS

be STRONG ✨ be HAPPY ✨ be **BOLD** ✨ be YOU

- Be truly THERE in the moments
- NOT based on volunteering but based on the moment-to-moment mindset
- Access to your FULL WISDOM
  - Fear? Mom's won't "PUSH" kids to their full potential utilizing free-flow thinking when the EXACT OPPOSITE happens
  - BUSY MOM BRAIN is speed up and makes same mistakes and rash, habitual decisions
  - Free-Flow brain =creative thinking, ability to see beyond present behaviors and short comings to the potential that lies within
- You'll stop thinking parenting is SO hard
  - BUSY MOM BRAIN = stressed, chaos, confusion and little things get to you
  - Free-Flow Brain= clarity to answers, life comes at you slower giving you more time to respond and see the BIG PICTURE
  - Parenting becomes EASIER!

## STRATEGIES TO SLOW DOWN

Become more oriented to the present moment:



Appreciate the RIGHT HERE / RIGHT NOW instead of focusing on the past or what is yet to be

### 2. ACCEPT EACH MOMENT AS IT ARISES

- Don't anticipate how wonderful the next one is going to be or remember how special a past moment was
- Don't compare and judge the moment as good or bad or better than
- Doing so helps you to **avoid this regret** once the kids are grown: "Why did I make such a big deal out of THAT?"

### 3. Keep your thought attacks / thought storms at a minimum

- Parenting is anything but calm and minor emergencies happen from hour to hour  
BUT... OUR THINKING CAN BE CALM
- When you feel yourself spiraling, recognize the alarm bell and slow down your thinking about what's happening.

### 4. Practice early thought recognition

- When you lose it – RECOGNIZE it was YOUR THINKING and NOT your child that made you lose it.

### 5. See moods with Compassion

- When kids get into low moods...
  - They aren't going to like you
  - The look for and find your flaws
  - They pick fights with each other

- They make poor decisions
- They don't or won't appreciate anything you do or have done for them
- Being compassionate is POWERFULL!
  - Keep your perspective
  - Learn to give kids a break
  - (not condone the behavior BUT remember how distorted life looks with a low state of mind.)
  - Brush off some hurtful comments your kids may make when in the low state / low mood

## **6. Practice doing one thing at a time**

- No more multitasking!
- Doing one thing at a time...
  - Develops calm concentration
  - You are engaged in the present moment
  - Prevents thought attacks
  - Prevents stress as multitasking can lead to tension and agitation
- Simply focus on ONE thing then move on to the next.

**UNDERSTAND THIS: You CAN'T figure out your children!**

**They are constantly changing**

**If you are reflective and using free-flow thinking, you'll ADAPT to their changes with EASE!**

If your mind is constantly focused on 'WHAT'S NEXT?' the amount of satisfaction felt about RIGHT HERE / RIGHT NOW (remember, it's the only thing that's REAL) is limited.

***Satisfaction goes up with how present you are.***

- When you fill RIGHT HERE / RIGHT NOW with futuristic thinking, you become less present -> need for more activities to feel satisfaction
- When you are more present -> need less activities to feel satisfaction
- Present = feels like rich, fulfilling experiences

## **CLUES THAT YOUR MIND HAS DRIFTED DURING LEISURE TIME:**

- You feel bored
  - If focus on something else that would be better, the current experience seems dull
- You get overly absorbed in planning future moments
  - Can't appreciate RIGHT HERE / RIGHT NOW when you're asking, "What's next?"
- You're unusually tired, even though you were relaxing
- You're frustrated even though you're out enjoying yourself

## ***Comparison Trap:***

- Comparing how you are parenting today with how you parented last week and how you should be parenting– you are OUT of the RIGHT HERE / RIGHT NOW
- BOREDOM is NOT not having enough to do
- BOREDOM is having an overactive, busy mind.
- Accept the value of having nothing on your mind. It allows creative thoughts to come to you and helps you stay in the RIGHT HERE / RIGHT NOW.