

## **BOLD BOOK** NOTES: The Sweet Spot – By: Christine Carter

*“The busier we are the more important we seem to ourselves and, we imagine, others” – Wayne Muller*

We feel worthwhile because we are busy. We feel if we aren't busy, we aren't worthwhile

Stress related illnesses – we get sick because we become sensitized to the experience of stress

- Our environment is loaded with cues
- Just thinking of future stress-related things causes the stress
- Stress alters ability to deal with future stress
- Our bodies produce bigger and bigger responses
- Our bodies release hormones that affect all systems

In an effort to relax – we BUFFER (with food, alcohol, shopping, binge-watching, etc.)

### **WE NEED TO DEAL WITH STRESS HEALTHFULLY**

- Meditation
- Massage
- Wonder Woman Pose
- Beef up feelings of:
  - Gratitude – (gratitude journals, exercises, just taking a minute each morning and evening to remember what you are grateful for)
  - Compassion (seek to understand, see it from their point of view)
  - Awe (take a minute to feel wonder in what's around you)
  - Love (show love to feel love)

### **When you are feeling OVERWHELEMED:**

- Can't work in the sweet spot
- Feel irritable, anxious, impulsive and irrational
- Impairs ability to think and control emotions

- Social and cultural thing
- (busy = good/at ease = lazy)
- How much we've got going on = higher social status

**Know This: Busyness is NOT a marker for intelligence. It can be a marker for FEAR and CONFORMITY**

We helicopter parent and overschedule because we are AFRAID our kids will be AVERAGE

BE COURAGEOUS & GO AGAINST THE HERD!

### **MOM EXERCISE: YOUR TOP 5 (similar to LIFE ESSENTIALS)**

What do you most value in life? (Book recommendation here: [What Will They Say About You When You Are Gone?](#) By Rabbi Daniel Cohen)

How can you align your time that reflects these priorities?

What do you need to say “no” to? (Like the Life Essentials worksheet...)

## Write a PERSONAL MISSION STATEMENT

- Use this to measure your commitments
- Do they align? If not, say NO
- 95% of your time should be doing these INTENTIONAL THINGS
- Example:
  - Maintain health and happiness
  - Nurture others
  - Grow my business
  - Grow my knowledge
  - Deepen connections to family, friends, community, world

Give up the “More is Better” mentality

## Understand: YOU HAVE ENOUGH TIME IF YOU HAVE A CLEAR DIRECTION

### Time tricks:

- Minimalism
- Capsule wardrobe / “uniform” dressing
  - Have limited outfits that you feel good in for each season and wear those.
  - You won’t have to overthink dressing in the morning and you’ll be surprised at how people don’t notice that you wear similar things each week
- Less variety in your daily meal menu
  - have three breakfast and lunch choices you rotate through.
  - Do batch cooking on Sundays
  - have theme dinner days during the week, etc.
- Create shopping lists on your computer
  - listing out the items you regularly buy and the stores you regularly buy them at.
  - Group them on your list by where you know they are in the store.
  - Print out your lists, check off the items you need to replace and go

### The art of saying NO.

- Remind yourself that life is fleeting. What are the things you wish you didn’t waste time on? Focus on those FIRST!
  - **Bag it:** Get rid of or automate
  - **Barter it:** Get kids to help or hire out
  - **Better it:** Make it more entertaining while you do it.

## Mindfulness: Paying attention ON PURPOSE in the present without judgement to the unfolding experiences

- PUT: “DO NOTHING” on your list/daily calendar or as a reminder on your phone
  - Helps to de-stress
  - Helps be mindful
  - Improves physical and mental health

## Building Strong Connections:

- More connected people are:
  - Happy
  - More successful
  - Better leaders
  - Healthier
- Facetime and togetherness (physically in the same room together) = stronger positive connections

## The Right Environment for Love

- Trust and security (we need to feel safe)
- Physical connection
- Create connections ALL THE TIME

## Give to Others

- Thinking about giving helps!
  - Well wishes
  - It helps when stressed to remember when you did help or send good thoughts
- Give thanks GRATITUDE!
  - Be specific
- Give micro-moments of warmth
  - Approach life with warmth and kindness
  - Do a handful of favors that take 5 min. Or less each week
  - Put it into your weekly plan
  - Ideas: hold the door, help with luggage, make an introduction, send a helpful article
  - 1 or 2 15 min. favors once a month
  - Show compassion for strangers
  - Give money

If you are feeling down / sick / unproductive get your mojo back by helping someone else. (teach this to our kids too!)

## Connection Dis – Ease: Technology

- Use it to facilitate real life connections
  - Text to see if someone is available to talk or visit
  - Confirm reservations / information where you are physically meeting
- Have tech free zones in your home
- Have tech free days in your schedule
- Limit tech time
- Practice being alone and unconnected (this practice helps us to not feel lonely)
- Create friendship influences – ritualize and make it a habit to spend time with friends. Get it scheduled, make trade-offs and time for it.
- Share good news and respond to good news - limit envy
- Consciously practice gratitude

## In Our Marriages

- Be vulnerable = reveal hidden thoughts, feelings
- Do something mildly risky
- Routinize variety
- Gratitude at bedtime
- Got to new restaurants on actual date nights
- Create a list of exciting activities
- Surprise them! Blindfold to date location or take turn planning and don't reveal where going/what you are doing

## How to Deal with Annoyance and Irritations – (kind of a big deal if you have kids!)

### Acceptance

- Try to get GROUNDED
- Focus on your breathing when you are being bugged by your kids
- Focus on what your body is feeling
- 3 – 6 – 1 breathing (Helps you put on the brakes of fight or flight going on in your mind)
  - Breathe in 3 short breaths
  - Hold for 1 count
  - Exhale deeply for 6 counts
- Look for the humor
- Cultivate compassion for me and them
- Find out what you need to make you feel less irritable and do that for yourself

### Remember that:

- Nothing lasts (this annoying behavior will pass)
- Nothing is finished
- Nothing is perfect

Accept the reality of the other person. This serves you by bringing you peace.

**You only rob yourself of ease and peace by holding a grudge. LET IT GO for YOUR SAKE.**

### Practice Forgiveness

- Understand your emotions
  - Identify / accept / talk about feelings
- Recognize that it physically hurts to ruminate about how we've been hurt
- We suffer ALONE when we demand things that life isn't giving us. Hope and change INSTEAD
- Talk with someone neutral (BOLD Mom Mentor)
- Write letters of forgiveness
  - You don't have to send them for them to SERVE YOU and YOUR FEELINGS

## Tolerate Discomfort

- That comes from PERSUING MASTERY
- That comes from becoming brave enough to follow your passions and purpose instead of the crowd
- Need a plan for bouncing back – RESILIANCY!

Mastery = practice, + rest + passion + persistence

## “Perfectionism is the dark side of deliberate hard work.”

- Perfectionism is fueled by fear, frustration & disappointment
- Perfectionists are anxious and cannot enjoy their success

## Swap STRESS for COURAGE

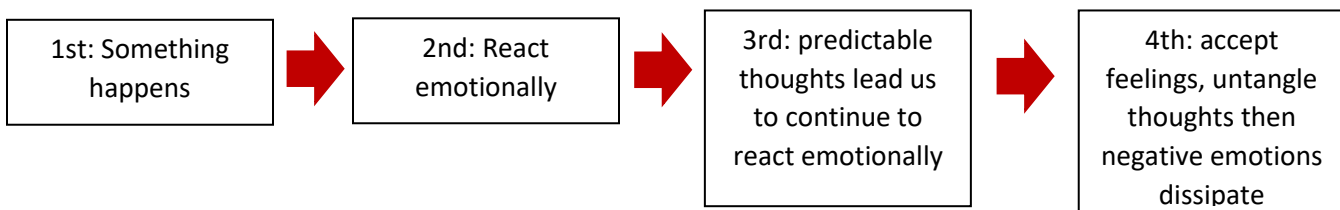
Think courageous thoughts

## “Welcome failure into your life”

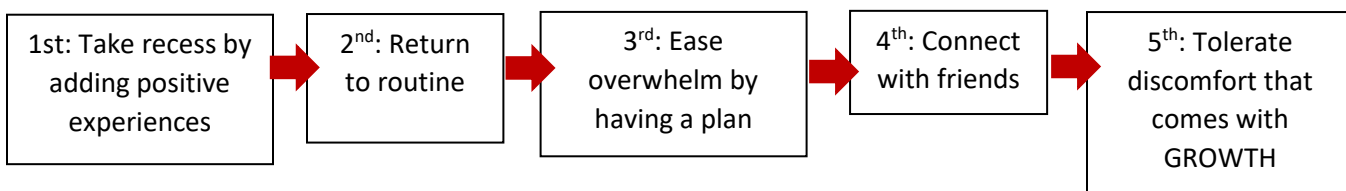
How to do this?

- Feel what you feel and DO NOT BUFFER
  - Do not numb yourself from feeling the lows or you won't feel the highs
  - Narrate and be mindful “I'm feeling anxious right now”
  - Label your feeling and validate it
- Untangle your thoughts (Thought Download)
  - Is the thought serving me? Analyze your thoughts and be the “watcher” in your mind
  - No self-criticism
  - Proactive self-compassion
    - It helps us to become comfortable with discomfort

Take responsibility and COURSE CORRECT



Course Correction:



## Pursue Fulfillment and Meaning

- Happiness is the by-product
- Your beliefs about yourself are so powerful – they shape your health, happiness and life.
- Cultivate a growth mindset = where hard work and passion you can do anything
- You must BELIEVE you can FIRST

Shift from self-preoccupation to expansive place of fellowship / kinship

**“SUCCESS is about GETTING. SIGNIFICANCE is about GIVING.**

**We make a living by what we get; we get a LIFE by what we GIVE.”**

**– Satinder Dhiman**

STOP focusing on frustrating spouse, complaining kids, high-pressured school / community ....

INSTEAD

START focusing on YOU.

Be PRESENT

Pay attention to your own experience in the moment

Find meaning each day to help you live and work from your SEET SPOT

### **MOM EXERCISE:**

- What meaning do you find in your work? In your life?
- What are you passionate about?
- What do you find most interesting? Most important? Worthy of your time and energy?
- How are you adding value?
- What positive impact are you having on the world and others?
- What is going to be said as part of your eulogy?
- Do your time and effort reflect your commitment to the work you value most?

They will remember the happy times

- How you nurtured people
- For your passion and courage and love and compassion
- How and when you broke from the herd to serve something larger than yourself
- WHAT DO YOU WANT THEM TO REMEMBER?