Practice

Walking  Grounding  Breathing

Opening  Smiling  Gratitude

Awe  Compassion  Greeting
Retrieval-based learning

What are seven concepts, practices, or strategies you have learned in the last two days?
Self-regulation
Aligning behavior with values, goals, commitments & relationships (whether we feel like it or not)

Because we are human:
Sometimes what we feel like & what is most important to us are aligned & sometimes they are not.

“Yes, and”
We can be aware of preference & choose behavior on purpose
Circumstances can trigger emotion & meaning

Your nervous system is always the source
Teaching, Learning & Self-Regulation

Motivation
Accommodation
Discovery
Comfort
Knowledge

Skill
Skill building
Instruction
Safety
Practice
Mindful & Compassionate Self-regulation

Presence  What is actually happening?
- Awareness
  Conditioning
  Struggle
- Acceptance
  Thoughts
  Sensations
  Discomfort
- Clarity
  WSU and WYP
  Events and Stories
  Triggers and Sources

Connection  What is most important?
- Purpose
  Values
  Goals
  Commitments
- Internal resources
  Gratitude
  Compassion
  Awe
- Community
  Relationships
  Service
  Kindness

Freedom  Who shall I be?
- Choice
  Attention
  Energy
- Planning
  Priorities
  Feelings
- Responsibility
  Words
  Actions
Coaching

What's going on?
Where do you feel it?
What is most important?
How is this an opportunity?
What will you do next?

That's normal
Tell me more
Let me see if I get this...
We are inseparable

Everything you do is shaping your experience, your brain, your relationships, your community, & the universe as a whole.

It is not a question of whether you will make a difference, it is only a question of what that difference will be.
We are inseparable

Everything you do is shaping your experience, your brain, your relationships, your community, & the universe as a whole.

It is not a question of whether you will make a difference, it is only a question of what that difference will be.