Working with Uncertainty

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An overwhelming majority of what happens in life is uncertain, and we can practice building the internal resources we need to work with this uncertainty in a peaceful, positive, and purposeful way.

This practice of cultivating and accessing internal resources can happen deliberately and consistently at the beginning and end of each day and many times during the day.

This practice is not dramatic or glamorous. It does not rely on sudden breakthroughs or dramatic epiphanies. This practice yields profound results over time -- kind of like compounding interest.
What we practice shapes our experience

We can practice what we want to have in our lives

We choose what we practice
As far as your brain is concerned, everything you do is practice. Whatever you do repeatedly will create skill -- whether you like it or not. Be careful what you practice, because you are going to get better at it.
Well-Being

Events
People
Weather

Sensations
Thoughts
Reactions

what shows up

what we practice

Training
Cultivation
Response

The more we focus on what shows up to determine the quality of our lives, the more we struggle.


The more we focus on what we practice, the healthier, happier, and more meaningful our lives are.


Self-Regulation

Putting energy into what is healthy, important, and under our control

Balance

A dynamic process
Strengthened with focus
Improves with practice


Presence
Positivity
Gratitude
Enoughness
Awe
Purpose
Connection


Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

~ Viktor E. Frankl

The faculty of voluntarily bringing back a wandering attention over and over again, is the very root of judgement, character, and will.

~ William James

Under duress, we do not rise to our expectations – we fall to the level of our training.

~ Bruce Lee