Character Day-Celebration of who we are and want to be!!!

Over 85,000 celebrations in 121 countries and all 50 states

Light candle honor teachers, researchers, clients,.. higher power, universe conspiring to support me and us.. candle example of a practice I use

Experiential SoulFood…believe in our unique individual wisdom and experience and the power of mindfulness and listening to the body

My qualifications

Everyday Spirituality Notice I am heavy on the Transcendence column…share my Everyday Spirituality which includes (go down list) and celebration of each of your unique divinity… DIVINE POWERFUL JOYFUL expression of ourselves

2 things CURIOUS AND KIND journals invitation(writing sometimes helps me be present) buffet example

James Hillman Acorn Theory

**Show Film**

What is character? the way someone thinks, feels, and behaves : someone's personality, the mental and moral qualities distinctive to an individual

Watch your thoughts, they become words.

Watch your words, they become actions.

Watch your actions, they become habits.

Watch your habits, they become your character.

Watch your character, it becomes your destiny. Frank Outlaw

What are you focusing on?

Intention/Placebo

**Curiousity aka Mindfulness**

Daily/Moment to Moment practice Mindfulness!!! Awareness = CHOICE

Power of Simply Noticing…truly the most powerful technique we have

witness self not over identify-so much more than our feelings or thoughts Wise Mind

Nueroplasticity…human strength is our brain’s ability to adapt quickly to the changing environment

Every thought can reinforce or grow or reconnect neural pathways…

Meta cognition ability to think about thinking

Experiments…???? How is that working for you? Ex of addiction/ed no longer as effective once get mindful… Child like mind vs judgment

Write down one or more current issue or practice in your life you want to get curious about..or choose a few areas in your life where you want to be more mindful/more self-aware

Backbone of Creativity and many other strengths like Enthusiasm, Self Control, Love of Learning

Interconnection/Let it ripple!!!!

**Enthusiasm aka Aliveness**

Little kids “Garbage Truck!!!” joy in ordinary moments…ex Lint Ball (cal)

Sensory Awareness- Charlotte Selver 102… supports emotional regulation bc emotions are sensations (more later under self control)

Biochemical reality of pleasure …drug and etoh and depression… **Anhedonia** ([/ˌænhiˈdoʊniə/](https://en.wikipedia.org/wiki/Help:IPA_for_English) [***AN****-hee-****DOH****-nee-ə*](https://en.wikipedia.org/wiki/Help:Pronunciation_respelling_key)

position the body to enjoy the present moment

Proactive pleasure practice

Curiousity around desensitization from so much constant stimulation

What excites you?

Taylor Wells “Best ever “

Experiential: First thought best thought Time you felt most alive in your body: …build on this aliveness and take it to your daily reality…..what is something that you might see on an ordinary day that could instill a feeling of wonder if you choose to be open to engaging the world from this place of aliveness and awe? Maybe something you overlook every day as you go out the door…if you can’t come up with something let your intuition guide you where to start looking

**Gratitude**- emotion state as well as a choice..active practice..you see what you notice!

-creates perspective/increases outward awareness

-current research shows that gratitude helps improve happiness and health and improves optimism (write gratefuls or irritations or anything that affected/other study where sent a note to someone who had not properly thanked improved happiness for months)

-with partners expressing gratitude feel more positive toward each other and stronger relationship…able to talk about concerns

-Snooter…gift from the universe....want to work on being my best self with him

-Angeles Arrien/ Dr. Martin E. P. Seligman(Penn), Robert Emmons UC Davis

“If the only prayer you say your whole life is “thank you,” that would suffice.” –Meister Eckhart

“Gratefulness is the inner gesture of giving meaning to our life by receiving life as a gift.” –Brother David

Steindl-Rast

5 finger celebration

Magic Lantern Necklace…Abundance v Scarcity mentality…law of attraction…Energy

-rate mood/rate how open/full your heart feels….look around the room and think about how grateful you are to be here in this beautiful place then look at all these beautiful people…rerate mood/heart

**Optimism aka Hope…it’s going to be ok…work out**

Immune booster/stress buster

Hope is not a warm fuzzy feeling but rather a way of thinking or a cognitive process…

Research by CR Snyder

Hope happens when

1. we set realistic goals (I know where I want to go…chunk it),

2. we are able to figure out how to achieve those goals which includes the ability to be flexible and develop alternative routes as we move forward (I know how to get there and I am persistant and can tolerate disappointment)

3. we believe in ourselves (I can do it)

so hope is a combination of setting goals, having the tenacity and perseverance to pursue them and believing in our own unique abilities

Ironically hope is also a function of struggle…correlation bt hope and self reported experiences of adversity

Implications for parenting… giving opportunity to struggle in order to develop believe in self…Adversity camp joke in woodside

You see what you notice…practice looking for beauty and strengths

Song good to be alive today

**Self Control**

If you can change your thoughts change your thoughts…Gift and challenge of our big brains

SHIFT YOUR BODY STATE..trance states/trauma states

Kelly McGonigal Willpower Instinct…willpower is a muscle…very growth mindset

Most plastic region of the brain is related to self control and stress…try brushing teeth in different hand/change things on phone

Shame v Guilt Shame not motivating but defeating

2011 NIMH and NIDrug Abuse study on physical pain and shame stored in a similar part of the brain trauma

Compassion…normal to try to avoid suffering and seek pleasure

What is under the urge?

Biochemical reality of sugar, drugs, video games, porn,..

Fuel tank research shows we have less willpower when depleted

Oxygen mask metaphor…

What is an area where you feel like you are struggling with self control? When you feel deeper into it, is there anything “UNDER THE URGE” that is important to honor? Ex eating as nourishment/love What is one or two ways you would rather meet that need? How in the moment whe you start into the trance state could you SHIFT YOUR BODY?

Write down 3 things you commit to trying over the next week to fill your tank/put your oxygen mask on

**Social Intelligence**

Empathy openness

Wired for connection/Social Creatures

True Intimacy is 2 wholes making a bigger whole

In honor of Tiffany Schlain speak about technology..connected

A-B-C presence, stay connected to body wisdom…try to do C even with your phone

**Perseverance aka Grit aka Resilience**

Everyhting is a WAVE…comes and goes…technique useful for clts dealing with suicidality

Growth Mindset vs Fixed…mistakes are how we learn and grow…Beautiful Oops

Fixed-link to perfectionism correlates to anxiety depression addiciton…focused on performance..other focused vs healthy striving which is self focused..how can I improve and the belief that practic

Mountain of the moment…best views are on the edge!!!

Change is not always pretty or easy

Creation is destructive ex island from volcano

Natural Child Birth…final stage is I can’t do it/Feeling like you are going to die…awareness that this is normal and just a stage…part of the process…porkchop

Has it shaped you in a positive way? 7 out of 10 say yes

Labradorite heart meditation

**our true purpose: to be love and spread love.**

Serenity Prayer

Not always easy…happiness research says meaningful vs pleasurable lives

Stations: Gratitude Letters, Power Thoughts, Character Strengths

What gets in the way of being our best selves?

Negative Thinking Patterns/Gremlins

Example of Limited Thinking Patterns include:

Overgeneralizing/Globalizing, All or Nothing (Either Or Thinking) Life is complex!, Catastrophizing (this is a defense but does it really protect), Predicting the future, Overgeneralizing/Globalizing, All or Nothing (Either Or Thinking) Life is complex!, Catastrophizing (this is a defense but does it really protect), Predicting the future,

Gremlins…playful way to deal with something that is often very painful

Spiegel Center for integrative Medicine Stanford

Kelly McGonigal PhD Stanford Willpower

Dan Siegel UCLA Mindfulness neuroplasticity

Brene Brown

Andrew Weil

Angeles Arrien

Roy Baumeister at Florida State University happiness research

Daniel Goleman Emotional Intelligence (highest indicator of health and well-being)