

I am closing mental tabs whenever possible, not opening new ones at inopportune times.	%% Attention
I am not channeling my attention into too many streams.	%% Attention
I am looking for some particular thing if I'm picking up my phone.	%% Attention
I am not letting frustration from one aspect of life be confused with frustration from another.	%% Attention
I am pleased by what is here now. Nothing needs to be made of this.	%% Attention
I am not waiting for someone else to do my task for me.	%% Action
I am not doing things the hard way when another way is better.	%% Action
I am not compelled to finish every last bite, unless by hunger.	%% Action
I am meeting my responsibilities without stalling.	%% Action
I am pleased to apply my skills.	%% Action
I am participating anytime the situation calls.	%% Action
I am not hesitating to address bodily needs.	%% Action
I am choosing water, tea, or produce, when compelled to have alcohol or unhealthy food.	%% Action
I am eagerly joining my day.	%% Action
I am respecting others' time—showing up when I say I will, and not lingering too long.	%% Action
I am meeting debts without avoidance.	%% Action
I am noticing when enough is enough.	%% Action
I am sharing without intertwining defenses, justifications, or accounting.	%% Relation
I am accepting of others' interpretations and misinterpretations.	%% Relation
I am offering thoughts, not straining to be understood.	%% Relation
I am enjoying not expressing my fullest understandings, not articulating all that I see.	%% Relation
I am listening for story, not to obtain information.	%% Relation
I am allowing generative confusions to linger before setting things straight.	%% Relation
I am leaving something for others to do, not closing the loops myself.	%% Relation
I am enjoying sharing light entertainment with others.	%% Relation
I am playing freely with children unselfconsciously.	%% Play
I am dancing, playing, joking with freedom, whoever is present.	%% Play

I am moving toward rascal opportunities, not held at any remove.	%%% Play
I am easefully creative with no need of praise.	%%% Play
I am trusting my responses to be engaged and alive, wasting no bandwidth in apprehension.	%%% Play
I am showing up steady and well-regulated, present and available with others.	%%% Relation
I am not looking sharp at another's expense.	%%% Relation
I am accepting of the behavior and emotional state of others.	%%% Relation
I am not anticipating bad faith or skepticism in another.	%%% Relation
I am responding with compassion, even in difficult moments.	%%% Relation
I am not telling others what they're getting wrong.	%%% Relation
I am updating personal understandings in good faith, even when met with distance or harm.	%%% Relation
I am comfortable in silence, not compelled to fill it.	%%% Situation
I am leaving behind—not carrying—unnecessary clutter.	%%% Situation
I am sometimes opting to walk without carrying anything.	%%% Situation
I am sensing what the occasion can hold, and not overfilling it.	%%% Situation
I am not mourning the occasion's brevity; I am present and available to it.	%%% Situation
I am enjoying all of the seasons, all the shuffling parameters.	%%% Situation
I am releasing posture strain when I notice it.	%%% Situation
I am decluttering my space for a less encumbered mind.	%%% Situation
I am not piddling around too late, even if what I'm doing may be important.	%%% Situation
I am relating without any underdog story or biographical framing.	%%% Self-Story
I am not embarrassed by my riches; or my failings.	%%% Self-Story
I am moving on from my blunders without guilt or shame.	%%% Self-Story
I am accepting of others' generosity and compliments without interrupting or deflecting.	%%% Self-Story
I am acting from modesty and humility without proclaiming it.	%%% Self-Story
I am plain-spoken about what I do well.	%%% Self-Story
I am not rushing to show my progress. It will imbue what I am and what I do.	%%% Self-Story