



WEEK 3 - EXPLORING OUR HABIT LOOPS

INTENTACT[®] Intentions to Actions Leadership

Day to day life is filled with countless moments and actions that we take with little conscious awareness. This is very useful and part of the beauty of our mind. We learn a skill or behavior, practice it often, see it as useful and our mind seemingly masters it so that it now can respond for us with little conscious thought. Think brushing teeth or making the bed and how often do you need to stop and step by step reflect on the actions to take.

Habit loops of the mind for day -to -day functionality can be very useful but often habit loops of the mind can be very reactive particularly when it comes to habits around our response to feelings or emotions.

Taking time to notice and be with some of our day-to-day habit loops builds our mental muscle to pay attention with more awareness to the habit loops of mind that often can cause us suffering or pain. Being with the day to do habit loops is not done slow us down or judge them but with the intention to build our curiosity muscle. When we do this our mind can support us at a higher level when needed,

REFLECTIONS TO CONSIDER THROUGHOUT THE WEEK:

1. What stories of the mind did you notice while investigating and being with your daily habit loops?

2. Did staying fully present to the daily habit loop you were investigating come easily or did distractions or desire to move more quickly kick in?

3. What challenges and or benefits if any did you find having a full day of paying attention?