

The background is an abstract composition of various colors including shades of blue, brown, red, and yellow. Overlaid on this are numerous semi-transparent, glowing circles in warm tones like yellow, orange, and red, creating a bokeh effect. The text is positioned on the left side of the image.

**SIMPLE**

**MOMENT**

**ATTENTION**

**REAL**

**TOUCH**

This is for you.

Use this SMART ideabook as a scratchpad for your thoughts, feelings and insights.

Or, pick questions and use them as writing prompts in your own special journal.

This is entirely yours to play with...  
do you accept the invitation?

Let us begin.

# KEEP IT SIMPLE

## What are your core needs?

Identifying these helps you get clear on what really matters.

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## What can be trimmed away?

Do you really need to do, be, and have everything you think?

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## What can you get help with?

What are some things you can delegate or let others handle?

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# TAKE A MOMENT

## How to set aside time for yourself?

Can you wake up a little early? Maybe slip away during lunch?

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## What will you do in that self time?

Meditate? Drink tea or water? 5 minute chakra audio? Write?

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## Is there a special place you can go?

A comfy chair? A special tree? Make it a ritual of self care.

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# PAY ATTENTION

Can you recall a situation when others were heated and swept up and you were not? What did it feel like to be the observer?

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Is there a current situation in which you are heated, swept up, or being triggered?

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What does it feel like to be triggered? Where is it in the body? What are the stories in your mind?

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# GET REAL

*Personas are characterizations of a pattern.  
Accumulations of energy, set up as a defense for the ego.  
Created at a point of pain for survival, protection, control.  
We all have them. So let's get real about it.*

**Have you noticed personas in others?  
The Victim, Martyr, Bully, just to name a few.  
List some other personas you've seen?**

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**Have you noticed personas in yourself?  
What is their story? What do they believe?**

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# STAY IN TOUCH

How have you been present for, or shown interest in, your partner, child, parent, sibling, neighbor, or co-workers recently?

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How does it feel when you know you've been attentive and staying in touch? What kind of feedback do you get?

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List some simple gestures you can make towards those you care about?

A special note on your child's pillow? Coffee and a smile for your partner? A call to a relative or friend just to say "Hi"?

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