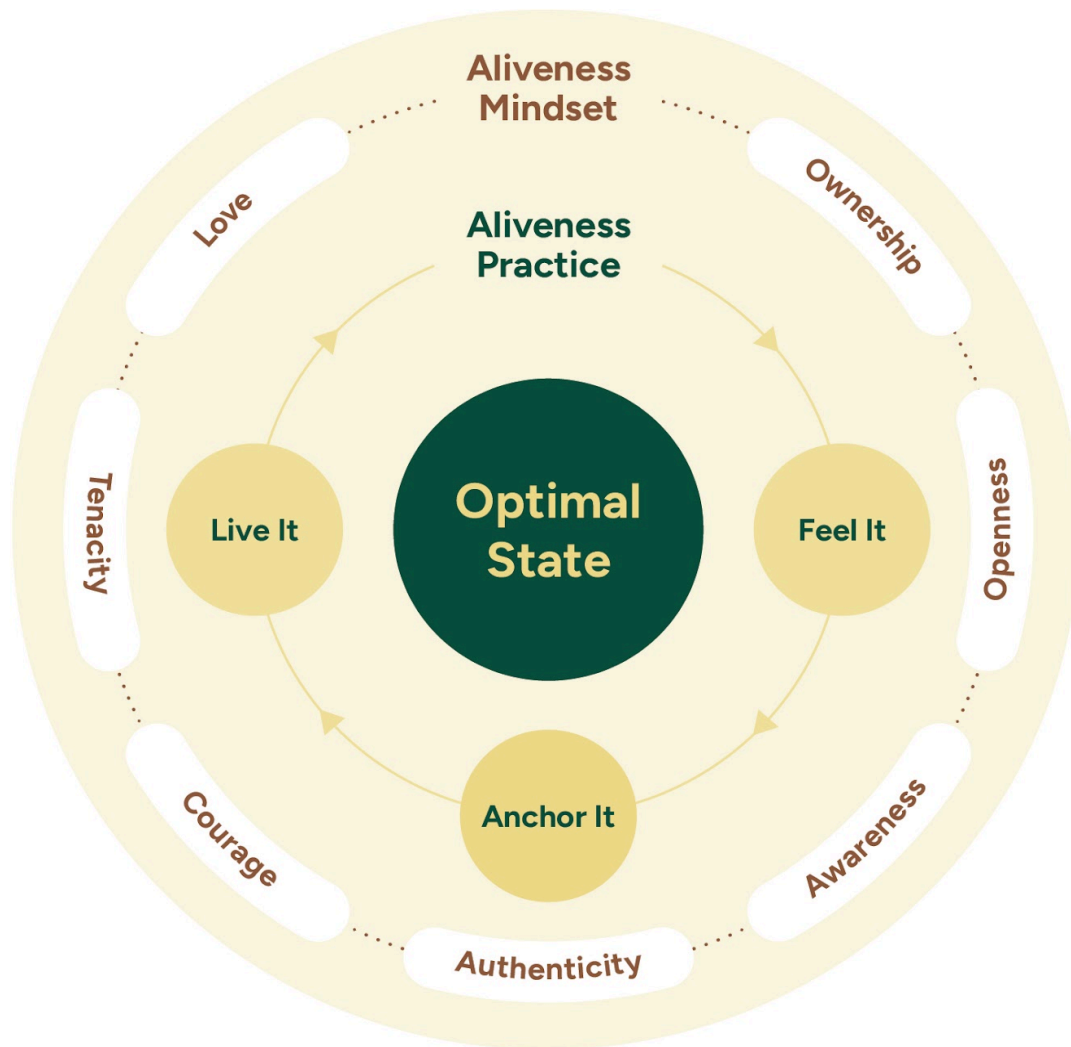


Jack Craven

Living All In



ALIVENESS EXERCISE

LIVING ALL IN: FEEL MORE ALIVE EVERY DAY

Part 1 - When You Have Felt Most Alive

Events from your life walk when you're at your best:









What do you notice when you're at your best?

What group feedback was most impactful?

What elements are common to your memories of aliveness?

Part 2 - Daily Mindset

This is a daily formula for thriving and setting yourself up for success. It is a mindset shift from “life happens to me” to “I make life happen.”

Step 1: Create Your Own Anchoring Mindset (What do I want to feel?)

Your Anchoring Mindsets (AMs) are your mental models, values, or drivers that underlie your aliveness. It is you at your best and feeling alive. AMs are highly personalized and *specific to you*. They are essential components of your value system and your inner motivations. What thoughts move you toward aliveness?

When you are in this mental state, you are so aligned with who you are and so motivated to do what you are meant to do that you are positioned to overcome fear and other obstacles that may threaten to throw you off course.

What are your Anchoring Mindsets? Use verbs. Here are some common words.

Abundant	Adventurous	Authentic
Buzzing	Calm	Carefree
Compassionate	Confident	Connected
Conquering	Courageous	Creative
Curious	Daring	Empathetic
Extroverted	Faith	Fulfilled
Funny	Grateful	Honest
Impactful	Informative	Joyful
Laughing	Leading	Learning & growing
Openhearted	Play	Present
Relaxed	Serenity	Spacious
Still	Supportive	Surrendering
Thrilling	Trusting	Unflappable

□ _____

□ _____

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Step 2: Contemplate these concepts to help you create your Anchoring Mindset. First, cultivate awareness of your unique feeling of aliveness.

How does it feel in your body? (Ex: buzzing/tingling energy in my arms and head, grounded)?

Do any pictures or images come to mind that best exemplify being your best?

Use these sensations and images as anchors. They are your fastest pathway back into your Aliveness Mindset when you want to lead, create, or decide from your best self rather than from habit or pressure.

Part 3 - Making Your Aliveness Mindset a Practice

We become experts through deliberate practice, which is much harder than merely repeating the task multiple times. Instead, deliberate practice requires serious engagement and a continual ratcheting up of difficulty. It also requires a coach, teacher or mentor who can provide feedback and careful instruction, and push the learner outside their comfort zone. Psychologist Anders Ericsson.

What are a few action steps that you could take today to be more fully committed to feeling more alive? Here are a few suggestions:

- Create your anchoring mindsets and think of them throughout the day with reminders.
- Have reminders/artifacts/photos of you in your aliveness mindset around you during the day to help you be more present and focused on being your best.
- Create a Wall of Gratitude - To help you remember your anchoring mindsets.
- Journal regularly, listing examples of when you experienced yourself feeling alive, when your anchoring mindsets were helpful.
- Spend a few minutes in your monthly forum sharing your aliveness experiences;
 - What's working?
 - What activities or surroundings put you in a better position to feel alive?
 - Where do you need support?

Part 4 - Tools To Minimize Reactivity

- Self-compassion
- Self-distancing
- Accelerants
- Inner coach
- Reframing - The meaning we attach to events in our lives
- Whole Body Yes
- Journal
- Look Back

Self-compassion: Author and scholar Kristen Neff describes self-compassion as our attitude toward ourselves during moments of perceived failure, inadequacy, or personal suffering. We are often hard on ourselves during these moments. Self-criticism often results in rumination and hopelessness rather than motivating productive action.

- Treating ourselves harshly is counterproductive; instead, we should replace judgment with basic kindness.
- Practicing self-compassion fosters optimism, happiness, curiosity, and wisdom, while also enhancing emotional intelligence.
- Individuals who approach difficult issues with self-compassion are more likely to modify their behavior.

Self-distancing: Self-distancing involves a variety of cognitive techniques that create psychological distance from your own thoughts, emotions, or experiences. Ethan Kross has developed strategies to self-distance. The goal is to mentally step back from a situation and observe it from a more objective standpoint in order to gain perspective, regulate emotions, and make wiser decisions.

Three Ways to Practice Self-Distance:

1. Fly on the Wall: Observe from the perspective of a neutral bystander.
2. Through Time: Consider how you will feel about this negative situation in ten years. This perspective reduces stress and enhances problem-solving abilities. Does your issue represent an unpleasant moment in your life or does it define it? What can you do to put the issue in perspective?
3. Self-Distancing Through Language. By avoiding first-person language in self-talk, we create distance that allows us to reframe threats as challenges (promoting a growth mindset) and transform distress into meaning.

Inner coach: Many of us have an inner critic. As noted above, self-criticism is often counterproductive. Instead, fire your inner critic and hire an inner coach. How we talk to ourselves is one of the biggest impacts we can have on our own happiness and well-being. If a friend came to you with the same issue, would you treat the person with kindness or contempt? What would you say or do?

Reframing refers to changing your perspective about something so that you view it in a more favorable, hopeful light. Reframing occurs when we use our awareness of our reactivity pattern to create thoughts and phrases that reduce the sense of perceived threat.