

APRIL 2018

YOUR CUSTOM HEART WORK: DISRUPTING URGENCY.

Heart Work is not a one-off. To live in radically disruptive ways requires intentional practice. Use this list to build your custom practice and unique work-out plan.

Knowledge (flexibility)	Inner Work (cardio)	Practice (strength)
<p><i>Pick at least 2—consider working on 1 item over multiple days.</i></p> <ul style="list-style-type: none"> □ Spend some focused, potent time working to deeply understand the costs of stress/urgency on your body – and the bodies of others around you if your urgency influences them (team, children, partner, family, etc.). Make this research as specific as possible to understanding the symptoms of stress <i>you</i> experience, and to learning more about how those signals of stress affect your <i>personal</i> health. Start here and here. 	<p><i>Pick at least 2—consider working on 1 item over multiple days.</i></p> <ul style="list-style-type: none"> □ Grab a journal: when and to what extent do you have a tendency to operate under the influence of a sense of urgency? When/how did you learn that modality? How has it been rewarded? How do you benefit? To whom have you taught it? Be sure to include these questions in your reflection: <ul style="list-style-type: none"> ○ What sends you into urgency-mode? What are your specific triggers? ○ What's your personal flavor of sense of urgency? How do you behave when under the influence? Be very specific. 	<p><i>Pick at least 2—consider working on 1 item over multiple days.</i></p> <ul style="list-style-type: none"> □ Challenge: invite your manager (or: partner, family member, etc.) to talk with you/hear about your personal reflections of either: (1) how you believe urgency operates on your team/culture/marriage/family, the costs you believe are occurring as a result, and suggestions for how that might be changed; OR (2) how urgency functions in <i>you</i>, the conclusions you're drawing around that, what you want to change, and enlist your manager/etc. by asking for 1-2 specific ways they can support you.
<ul style="list-style-type: none"> □ Spend some focused, potent time understanding the mindfulness and its effects on stress. Many people practice mindfulness through meditation, but you can be mindful any time of day. Yoga, walking, cooking – anything can be transformed into mindfulness practice <i>if</i> you're intentional and diligent. I want you to set out to learn more about the benefits of mindfulness (regardless of how/if you practice it) and its effect on stress. In other words, learn about how to sloooooow down. 	<ul style="list-style-type: none"> □ Grab a journal and commit to being 100% honest with yourself. In what ways are you currently and actively creating inclusivity? (You may need to stop here to research the difference between diversity, inclusivity, and equity – that's just fine. Make the time.) How do you monitor whose voices are included and left out in your daily life and work? How do you proactively create more room for others in your life and work? How does your sense of urgency affect your ability to be inclusive? Be specific. 	<ul style="list-style-type: none"> □ Challenge: pick a mindfulness routine and maintain it every day this month. The challenge here is that you <i>practice</i> mindfulness – not that you get rid of all your thoughts, or become a yogi, or find enlightenment. You might meditate for 5 minutes (or 30) daily; you might commit to mindful stretching or cooking; you might commit to 15 minutes of mindful emailing ... The point is that you are pushing against urgency by practicing mindfulness every day.
<ul style="list-style-type: none"> □ Create your own research project to learn from those around you: how might your sense of urgency be unintentionally hurting/impeding them? Know that you aren't entitled to anyone's opinion – all you can do is sincerely ask, sincerely listen if given the gift of their feedback, and sincerely thank them (and, if you decide to make changes, come back to them afterward and let them know how their feedback impacted you). 	<ul style="list-style-type: none"> □ Use this resource to identify your personal top 2-4 values (at this point in your life). Once you've identified them, grab a journal. In what ways are these values present and honored when you are under the influence of a sense of urgency? In what ways are these values undermined when you're under the influence of a sense of urgency? □ Grab a journal: go through the distinctions in the anchor article and reflect deeply on where in the spectrum of each distinction you currently fall, and where you want to fall. How do you want to orient to energy vs. time, for example? Be honest with yourself; BS benefits no one. Remember: the distinctions aren't binaries – they're just distinctions. 	<ul style="list-style-type: none"> □ Say no. Unapologetically. And be clear about what that <i>no</i> is actually a <i>yes</i> to. You only get to check off a no if it meets the criterion above. The goal here is committing to fewer things so that you're not fueling an urgent lifestyle. Do less to do more. And be more present when you do it. <ul style="list-style-type: none"> ○ 1 time this month ○ 5 times this month ○ 10 times this month □ Take the time to determine for yourself how you want to define <i>sense of urgency</i>. Not a dictionary definition, rather how you want to relate to it. Urgency isn't absolute – it's not "bad" or "good." So how do <i>you</i> want to define it? How will you know when it's more/less healthy for you and others? How will you know important from urgent?

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SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

