

# Chapter 6: Stillness

## ONE-MINUTE WORKOUT

Stillness is about quieting the mind. It gives us the chance to recharge and replenish. Stillness is for you. It's an opportunity to focus on self-awareness and self-reflection.

For the next sixty seconds, find Stillness. Put your book down. Put your phone down. Close your eyes if you'd like. For the next minute, pay attention to your thoughts. Notice your thoughts and let them settle. No judgment. No action. Look at your thoughts as if they are in bubbles around you, and see what you notice. What's going on? What's surrounding you?

Imagine what insights or inner peace could come from one minute a day of Stillness. Or maybe five minutes. Or ten. Allowing yourself to be still is one of the first ways you can be Thoughtfully Fit. It will help you gain new insights, clear your mind, set priorities, or start working again with a clear focus.

## REPLAY

Stillness is:

- Quieting the mind
- Taking a break
- Focusing on yourself
- Reflecting on your thoughts and feelings

Stillness is not:

- Planning your week
- Emptying your mind
- Sitting on a meditation mat (unless you want to)



## THINK QUESTIONS

- What do I need to quiet my mind in this moment?
- What's going on?
- What am I noticing?
- What "noise" is surrounding me?
- What's giving me energy? What's depleting my energy?

## TRAINING PLAN

- Find moments of Stillness in your everyday activities.
- Develop Stillness practices and e carve out dedicated time e for Stillness in your routine.
- Make time for self-reflection through journaling.
- Decrease unnecessary distractions e and computer notifications and alerts.