1- Practice Here & Now

*Intentionally, deep breathing, calming left nostril breathing, any other relaxation modality – be mindful of your presence in the moment*

2- Identify Issue of Concern

*Become aware of a challenging situation, difficult encounter or any situation you are not completely satisfied with*

3- Observe, Examine, Stop Auto-Pilot

*Observe and examine existing issue from all angles without judgment, doubt and question your own assumptions and perspectives*

4- Distraction

*Observe other thoughts when your mind wanders without judgement, take a deep breath and refocus on the issue in question*

5- Learn from the Experience by Reflecting on it

*Look at the situation with new lenses by reframing the situation and considering other perspectives*

6- Experiment and Apply New Perspective

*Practice novel questioning and be mindful of how you would want the situation to be. Take a deep breath, hold and release with a sigh of relief. Hold such feeling and embrace the new perspective*

7- Repeat and Replay Mentally

*Inserting a new habit into the subconscious mind may take weeks to few months*