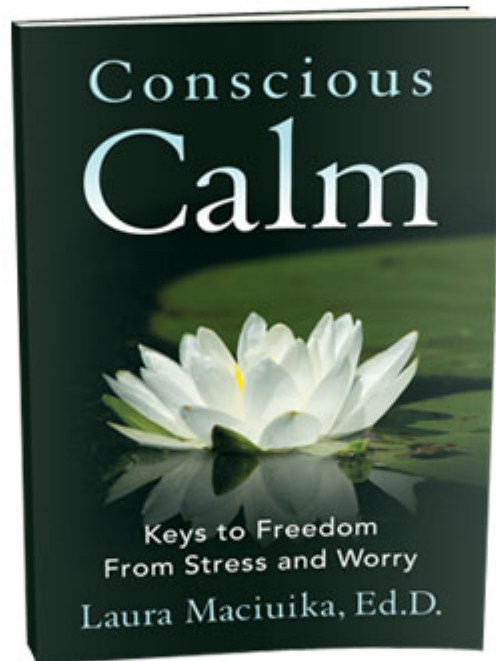


CONSCIOUS CALM:

Keys to Freedom From Stress and Worry

“Try This” Action Steps



Laura Maciuika, Ed.D.
www.consciouscalm.com



Congratulations!

You have taken a big step in creating conscious calm in your life. Not everyone who sees the link to a free guide will take action and download it. The fact that you did demonstrates that you have more motivation than most, and are ready to take your life to another level of lasting calm, inner control, and success. Congratulations!

How to Use the “Try This” Action Steps

The Action Steps are organized in order by chapter. Each of the “*Try This*” exercises is included from *Conscious Calm*, plus additional questions to ponder, and tips and suggestions for applying the chapter themes in your life.

Some people prefer to stop after reading each chapter to do the *Try This* exercise. That is the way I suggest, since I developed the exercises in a particular order to support you in getting clear about where you are, where you want to go, and your best path to get there. But some people prefer to read the book first, and go back and do the *Try This* exercises later. See what works best for you.


Whichever way you choose, making the decision to complete these *Try This* Action Steps will allow you to put Conscious Calm into your life in a concrete, real way. Take a little time with the questions. Print out these Action Steps if you prefer writing with a pen on paper. Or download them if you prefer to write with a keyboard. It's a fillable pdf document, so you can take your pick.

Take *Action* with these exercises. Bring your attention to what begins to shift and change for you. You'll create your own momentum and feel positive differences fast.

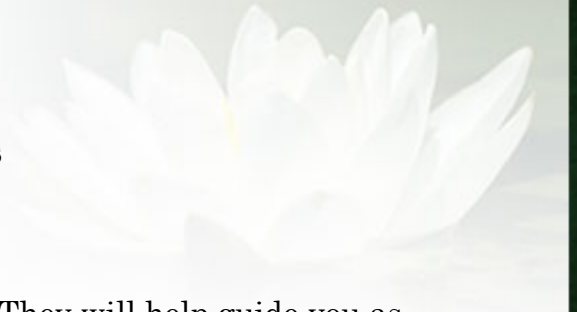
Feel free to contact me to let me know what you discover – I'd love to hear from you. Post successes, questions or comments at [facebook.com/lauramaciuika](https://www.facebook.com/lauramaciuika). Or connect through Google+ where I post about topics related to stress relief and your success <https://plus.google.com/+LauraMaciuika> Or write to me through “old-fashioned” email, which I do answer personally: laura@consciouscalm.com. I look forward to connecting with you!

Here's to your inner journey to Conscious Calm!

Warmly,

A handwritten signature in blue ink that reads "Laura".

Chapter 1: Stress and Worry: Inside and Outside Stress



Try This:


Jot down a few responses to the questions below. They will help guide you as you keep reading. You will know more specifically when you tend to feel more stressed, and that will help you know when to try some of the Conscious Calm tools we will discuss. And you will know more exactly how you would like to feel instead, which can help you reach that goal more effectively.

- Think about the times of day when you tend to feel the most stressed or find yourself worrying the most. What is that stress and worry about in terms of external pressures? What else might be going on inside that might even be adding to the stress?

Tip: It can help to list out some of your external stressors first. After you do that, see if you can notice some of the ways you talk to yourself about some of those external stressors.

- How would you prefer to feel instead when those same external challenges come up? See if you can name 2-3 three specific ways you would like to feel instead of stressed out or worried.

Tip: Being able to name how you would prefer to feel brings those preferred emotions more into our awareness and helps us move in those directions.



Chapter 2: Autopilot and Motor Mind:
Why Thinking About Being Calmer
Can't Work for Long

Try This:

Get a piece of paper and pen and some kind of timer. Set the timer for 5 minutes. Then just begin writing every single thought you notice come up in your mind. Whatever it is, just write it down. It can be “I don’t know what to write,” “This is stupid” or “When is lunch?” or whatever. Just keep putting your attention on your thoughts, and writing down whatever comes.

Tip: When you set the timer and start, allow yourself to get curious. This is not a time for editing out thoughts, or coming up with “right” answers. Just see what floats up in your mind for five minutes and write it all down. The internal editor can take a rest!

At the end of the time, read over what you’ve written. What do you notice?

Does it sound familiar? Unique? More habitual? How would you describe it?

Question to ponder: How much of your thought content is actually based on the past or future? On speculation? Maybe even drama?

Chapter 3: Hit the Pause Button on Motor Mind: Reclaiming Inner Choice

Try This:

- What would be your most powerful time of day to increase your awareness and pause Motor Mind?

Tip: Think about when Motor Mind tends to get going for you. Does that happen first thing in the morning? While you're commuting? In the middle of the night?

- If you were able to better pause Motor Mind during that time, what would be different for you? What would be better? How or why?

Tip: You can think of this as a direction for applying your Conscious Calm learning. For example, decide to focus on the time of day you identified for a week. Decide to catch Motor Mind in action; take a Being Break instead.

Chapter 4: An Ally of Conscious Calm:
Adding to Your Inner Tool Kit



Try This:

Ask yourself several times during the day: “Where is my breath?”

Tip: Think of ways you could remind yourself to do this. What would help? Jot down some of those ideas below, and put them into action!

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-
-

Asking yourself, “Where is my breath?” is another way of asking yourself, “Where is my attention?”

If you weren’t noticing your breath, bring awareness in and choose to focus on a few slower, deeper breaths. You’ll be bringing your attention away from Motor Mind activities, pulling your attention back from past and future thinking, and coming back to your body – back to where you always have the power of choice.

What kinds of reminders will you use to give this a try?

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-
-

Where else might you put some concrete reminders to help to remember your breath? These can be notes to yourself on the bathroom mirror...an object placed so you’ll see it frequently... a note to Breathe! on your computer...

-
-
-

Chapter 5: Being Breaks:
 From Doing Back to Being



Try This:

Choose to do either the candle flame Being Break or the breathing Being Break for five minutes (see Chapter 5 if you need to review the instructions).

Tip: This can be a powerful, stress-busting way to start your day.

After the five minutes, jot down what you notice come up in your mind. How comfortable or uncomfortable were those five minutes?

What do you notice in your mind and body after the Being Break is over? Did it feel challenging? Like a relief? Uncomfortable at times? Did the comfort or discomfort come and go? Was anything in your experience permanent?

Try adding a Being Break to your morning routine for just one week. How does your experience of the Being Break change over that time? What else do notice after a week of morning Being Breaks?

Chapter 6: The Personal Power 180: Turning It Around



Try This:

During the day, carry around a small notebook, index card, or folded piece of paper.

Ask yourself several times during the day, “Where is my attention right now?” Maybe set an hourly alarm to remind you. When you notice where your attention is and where your thoughts are going, just jot down what you’ve noticed in a few words.

Tip: An hourly reminder can be set on a mobile phone. You can also do a search online for free downloadable alarm clocks. Or a standard alarm clock or clock radio will do the job too!

At the end of the day, put a little arrow next to each note. Point the arrow outward if your attention was focused outside of yourself and toward others’ opinions or possible feelings. Point the arrow inward or toward the words if your attention was focused inward toward yourself.

Then go back over the list and write next to the arrow where in time those thoughts were – either “Past” or “Present” or “Future.”

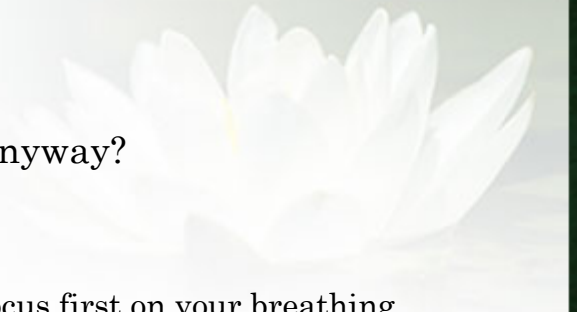
Notice (matter-of-factly, without judging!): how many arrows were focused outward, toward what others might be thinking/feeling?

How many arrows were pointing to the past?

How many pointed toward the future?

Which of those energy vectors could you bring more attention and awareness to, and begin to turn around toward present time and your own wellbeing?

Chapter 7: Where Emotions Come In: What Are Feelings For, Anyway?



Try This:

Take a Being Break, and for five minutes or so, focus first on your breathing. Then as you lengthen your breath, begin to put your awareness on the different sensations in your body.

Tip: Either sit comfortably in a chair, or lie down comfortably on a mat. You can lie down on a bed if needed too, but it's not time for a nap! You want to make yourself comfortable but stay awake and aware.

Do a slow body scan: Start by bringing your attention to your feet, and move your attention up gradually, from your legs, to your hips and belly, your chest and arms, all the way to your head. What sensations do you notice? Where is there tightness, or holding? Where do you notice tension, warmth or energy movement? Jot some of those sensations down.

Focusing on one of these areas, check to see what emotion may be connected to those sensations. Begin to notice where in your body you feel some of the emotions underlying stress and worry. For some people this will be the stomach or chest – what about for you?

As you notice these sensations, simply breathe slowly and easily to allow the sensations to move through. Often, just putting attention on the area and lengthening your breath will help ease out the more tension-filled sensations and emotions.

Doing this, I noticed:

Chapter 8: Working with Emotions: Expanding Your Comfort Zone



Try This:

To practice increasing your comfort level with emotions, start with a simple Being Break. Begin by just breathing with attention for a few moments.

Tip: Turn off any potential distractions like phones or a TV. Move to a space that's away from a computer or other people if you can.

As you become more centered in present time and connect more with your body, allow yourself to notice what sensations are in your body as you sit just breathing. You may notice tingling, warmth, or tightness. Let yourself just name mentally what you are noticing, for example “Tingling in my legs,” or “A little tightness in my breath.”

After a few moments of noticing and simply labeling the sensations, experiment with asking yourself what emotions are present in the moment. You can ask, “What am I feeling right now?” or “What emotion is here right now?”

Without getting into a story line, without making any judgments, see if you can just notice and even name what emotions are present. You might notice “nervousness” or “calm” or “sadness” or “contentment.” Just allow whatever you notice to be there. As you continue breathing, see whether the sensations and emotion shift and change, simply by keeping your awareness on your breath and not adding the energy of judgments or story lines.

After you're done, jot down some of what you noticed or experienced:

Tip: Keeping a journal or continuing this log here as you practice will give you a good record of your process. It can be powerful to look back after a few days, weeks, or months and see what has changed for you over that time.

Chapter 10: Clearing the Static, Part I: Finding Calm in the Storm



Try This:

Jot down your responses to these three questions:

1. When do you tend to add an internal story to emotion? Is it usually about a particular event? A specific person? See if you can notice where those internal stories get going, pick one situation, and try stopping the story to just notice the emotion.

Tip: If it's not clear where you do that most often, think of someone with whom you recently had a challenging conversation or argument. See if you can recall your interaction and notice what you feel now, without creating a story about it.

2. What activities do you already enjoy that could serve as ways to shift gears when you experience static in your Internal Guidance System?
3. How might you include time in your week for one or more of those activities?

Tip: Where would that be simplest or most easily possible for you, given the realities and responsibilities of your life right now?

Chapter 11: Clearing the Static, Part II: A Stress-busting Power Tool

Try This:

Try using Tapping as a Stress-Busting tool at a specific time during the day.

Some people choose to stop in the middle of the day and do a round or two. Others use EFT when they finish work as a way to clear any left-over static.

- Pick a time that works for you as a starting point to practice:

Tip: For some people, it works to choose a transition time, like before beginning to do their tasks or work for the day. This can be an easier way to remember to use EFT, and can also help create a healthy time boundary.

Choose a sensation you notice in the body – it could be tension somewhere, or “thinking too much,” or “this work headache.”

- I choose: “_____”
- Note the intensity level when you start: “From 0 to 10, this _____ (sensation or emotion) feels like a _____ right now.”

Keep the tapping simple, and do two or three rounds. See where the intensity level is after finishing those rounds.

- After _____ rounds, the intensity level is now a _____.

How does your body feel overall?

Try doing a round or two of tapping at that same time for a week. Notice how you feel after doing this for seven days in a row.

Chapter 12: Walking the Path: Daily Steps to Nourish Calm



Try This:

Dial up your awareness in the morning.

What is your inner routine or habit when you first wake up?

What do you tell yourself?

Where is your attention?

Remind yourself “I have choice here too!” Choose a Being Break or other Conscious Calm tool to do as you wake up in the morning. Stick with it for a week.

Leave a note to yourself by your bed as a reminder.

Notice how this changes your inner self talk, the tone of your morning, and your feelings or mood as you start your day.

After one week of dialing up my awareness first thing in the morning:

- What is your inner self talk like? If it’s the same, do you notice any sooner? Do you remember you have choice?
- What is your morning like after choosing differently as you wake up?
- What are your feelings or your mood like as you begin your day?

Additional Notes

