

4WRD Staying Centered



How to stay centered and focused so our well-being and productivity don't suffer.



Today's **Course**

Maintain your perspective & stay centered

- What does it mean to stay centered?
- Quieting your inner noise
- Life's swings - the yin and yang
- Things we can do to take action on our life
- Wrap Up



What does it mean to be or feel centered?



What does it mean to you?
What are ways that you feel centered?



“

Being and staying centered
doesn't mean we are fine with
everything that's happening, no
matter what...instead, it's
maintaining perspective,
no matter what.

Life is a mirror?

External
Environment
Reflects
Internal
Feelings

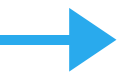


Internal
Feelings
Reflect
External
Environment

Which is true?

Life is About Perspective

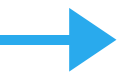
It isn't the things happening around or to us that determines how we feel. It is how we perceive those things—the meaning that we give to them.



Activity Time

Reflection

Life is about perspective – change your mind, change your life. Take a couple minutes to visualize the world you want. What does it look like? How does it feel?



Quieting Your Inner Noise

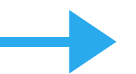
Learning to quiet our 'Inner Noise' is the first step to changing our perception so that we are able to get and stay centered no matter what is going on in the world around us.

1 Visualize the world the way you want it to be

2 Retrain your default thinking

3 Believe it will be okay

4 Focus on being the change you want to see



1

Visualize the world you want

All about perspective

It only makes sense that if we substitute those words and pictures with those that better serve us — those that are positive and calming and encouraging — then, we alter our perception. And when we view our outside circumstances with that more positive perception, we can be more objective, more grounded, and better centered.



2

Change your default thinking

Our default thinking is the belief that what we see with our eyes is our reality or is the ONLY reality.



Change your default thinking

➤ If we see chaos, we BELIEVE it's chaos

➤ This means we FEEL the chaos

➤ If we flip that and are determined to FEEL calm no matter what...

➤ We can use that as a lens through which we view everything

➤ This creates a real shift in how we perceive the world

➤ Changes our wellbeing as well



3

**Believe it will
all be okay**

Do you believe the sayings below
are true? REALLY believe them?

WHAT WILL BE WILL BE...

IT IS WHAT IT IS...

**EVERYTHING HAPPENS
FOR A REASON**



The Yin & Yang of Everything

Thus, staying centered often depends on a clear understand of life's swings—or the yin and yang inherent in life; understanding the balance between positives and negatives that is present in nearly everything that occurs in our lives.

Positive

If we only focus on the positive in anything, we live in a state of fantasy where disillusionment is the likely outcome.

Negative

If we only focus on the negative in anything, we become hopeless and our wellbeing, motivation, and productivity suffer.



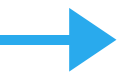
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Be the change

Action is necessary to make all these steps as powerful as possible.



How to Take Action



Act as if all will be okay

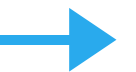


This isn't sticking our head in the sand. It's choosing to balance reality with the way we want things to be.



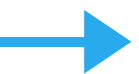
Take Care of Yourself

We need to know what is non-negotiable for us to feel “ok.” We cannot let what is happening in the world stop us from participating in those “non-negotiables” in our life.



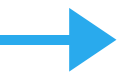
Create and Follow Routines

There is a lot of research that shows that routines are immensely calming. That is because they are predictable and unchanging—especially when we might feel like literally everything else is unpredictable and changing from moment to moment.



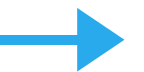
Engage in Acts of Joy

We need to actively seek moments of joy and not wait until everything looks or feels better...



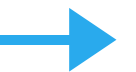
Surround Yourself with Positive People

When we are stressed or overwhelmed, connecting with other humans is VITAL. Especially when the world or our world is stressful, we need to also make sure we are making those connections and spending time with others who are positive.



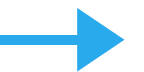
Avoid Reminders of Uncertainty

We don't need to stick our head in the sand and run or hide from reality. But we shouldn't immerse ourselves in things that cause us to feel stress.



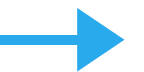
Extend Help and Care to Others

Extending help to others has amazing benefits for not just those we help, but for us too! It's been proven that performing acts of kindness increases endorphins. Endorphins, just in case you aren't aware, are our "feel good hormones."



Plan for a Better Future

Important to remember – perhaps, above all else – is that almost nothing lasts forever. In other words, “This too shall pass.” Whatever is happening now is mostly likely to NOT be the situation forever. It will change and it will get better. But it’s one thing to just think and even believe that. It’s a whole other thing to ACT on that.



Worksheet

Let's analyze your plan for staying centered and focused.



Question 1: How would you visualize the world the way you want it to be? Write down what that would look like.

Question 2: What was something that you wanted in life that you eventually obtained? What is something you feared happening, that actually happened? These are examples of yin and yang.

Question 3: What are some of the things you'll do to take action on your life to stay centered? Explain and write out your plan.

Summary

Staying centered

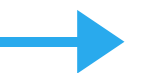
Being and staying centered doesn't mean we are fine with everything that's happening, no matter what...instead, it's maintaining perspective, no matter what.

Quiet your Inner Noise

Learning to quiet our 'Inner Noise' is the first step to changing our perception so that we are able to get and stay centered no matter what is going on in the world around us.

Take Action

Choose to balance things with others that reinforce the world, our situation, and surroundings the way we wish them to be.



Thank you for joining!

if you have any questions or feedback,
please reach out to us at
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WWW.GO4WRD.COM

