

Focus Practice 4: How do I feel in the desert?

What is the purpose of a Focus Practice?

The intention of a Focus Practice is to develop the “mini-muscles” needed to live in the New Way (NW) of the Attuned Desert Navigator.

Which muscles will this practice develop?

This practice builds on all your earlier practices but especially practice #2. The new muscle in this practice is to know and name how you feel before and after you move your body. In this way you will start to gain access to the clues that emotions hold for you about your needs, and you will also strengthen your connection to you and your own experience of exercise. This practice has been designed in support of developmental objective #3: *to know more keenly what I need for myself to cross the desert.*

What will you do each day?

In this practice you will leverage the muscles of tuning into you to know what movement you need. Refer back to practice #2 if that helps.

Do this practice at least 5 times each week.

At the beginning of the week, you will need to schedule in, for the whole week when you can move your body for at least 10 minutes. If you’re already exercising then you can use that time for this practice. If not, or you’re moving 2 times a week, schedule in some additional times for you. Attune to you and keep the amount of time proportionate to what you can do so you can make this practice happen.

Remember (from practice #2) that scheduling it in includes:

- What you will do (*e.g. walk*)
- How long you will do it (*e.g. 10 minutes*)
- Where you will do it (*e.g. at the park*)
- When you will do it (*e.g. right after lunch*)

Once you have scheduled it in, the practice begins.

At the scheduled time, get ready to go on your walk. Before leaving, check in with yourself by connecting with your heart, and name 2-3 emotions that you are feeling in the moment. They may include how you are feeling about exercising, or from an experience you just had, it doesn’t matter. Just name them and acknowledge them as a part of your day. After your exercise, do the same and notice how you are feeling afterwards by selecting 2-3 emotions.

If you find you are choosing the same words each day, see if you can try a variation of what you’re feeling by looking at the list of emotions that is included below.

Daily Journal Questions

At the end of the day, take some time to reflect on your practice and respond to the following questions in your physical or online coaching journal.

1. What did you notice about the emotions the Attuned Desert Navigator named and felt before and after walking (or moving in the way you chose)? How did the emotions change / not change?
2. How did the act of acknowledging herself and her emotions support the Attuned Desert Navigator in what she planned to do?

Weekly Integration Questions

At the end of each week, please sit down and scan over your previous week's writing and answer the following questions:

1. What is the Attuned Desert Navigator discovering about how emotions affect what she does or doesn't do for herself? What makes her own emotions easy/hard to be with?
2. How did charting her course for the week and scheduling in time for movement support the Attuned Desert Navigator in being with her feelings? Which feelings were most likely to pull the Optimistic ER Doctor away from the practice?

Come prepared to make the most of your Group Coaching Call!

What are you feeling curious about as you develop in the New Way of the Attuned Desert Navigator? These are some of the questions we'll explore in our next call together.