

FOUR LIFE-SKILLS

InSpired Focus
Counseling, Play, Sport, and Team Services



*Juggling not struggling!
"Sitting" you take with you!*

**We juggle
all the time...**

...but are often unaware of what we're juggling. With the FOUR LIFE-SKILLS (how to BE, SAY, SEE, and DO) you learn how to take "sitting" (mindful meditation) into your everyday life...the same skills athletes use to "get in the ZONE".

You learn how to...

BE...

We explore the neuroscience of mindfulness and a "tri-brain meditation" that relates to the first three skills and the three levels of the brain...from the bottom up!

SAY...

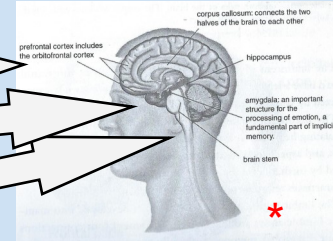
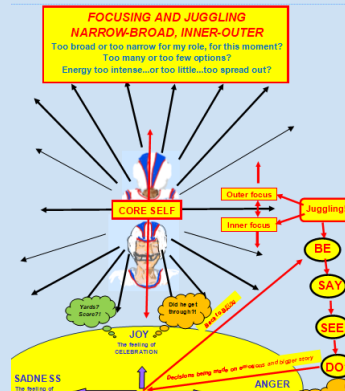
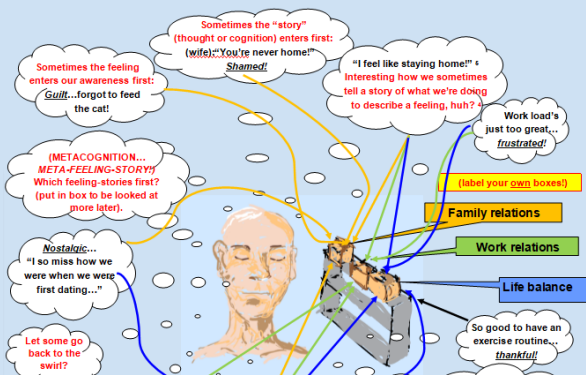
We explore the logical, good purposes of "feelings" and "emotions" and how the way "we talk to our selves" affects our well-being.

DO...

We explore how to juggle the four skills inside of our selves, outside of our selves, and with others in compassionately fair life-games which we choose and create.

SEE...

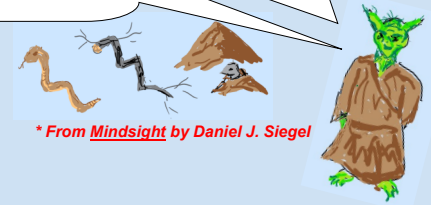
We explore how to notice and choose which "feeling-stories" in our lives to focus on and which ones to let go of. We start to make fresh "game plans" for our day, for our lives!



- SEE** ...which ones you want to Focus on!
- SAY** ...what your feelings are...what InSpire you!
- BE** ...in your body's basic functions...breathe!

Snake or stick, mountain or molehill...feelings help discern, they do. Good they are!

Mindfulness, good it is, with it, my name remember, "YODA":
You Observe and Decouple Automaticity.*



* From *Mindsight* by Daniel J. Siegel

Your facilitator...

Hi, I'm Gary Schapper, founder and chief facilitator of InSpired Focus. I have Masters degrees in Theology and Clinical and Sports Psychology and am a Licensed Marriage and Family Therapist (MFC 52939).



I look forward to helping you with your mindful life... your InSpired Focus!

- Gary