

# 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!

**SEE**

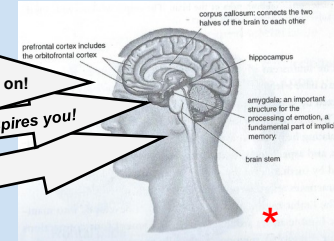
...which feeling-stories you want to Focus on!

**SAY**

...what your feeling-stories are...what InSpire you!

**BE**

...in your body's basic functions...breathe!



**SAY...**

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

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". \*



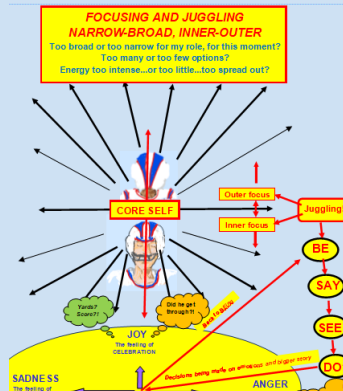
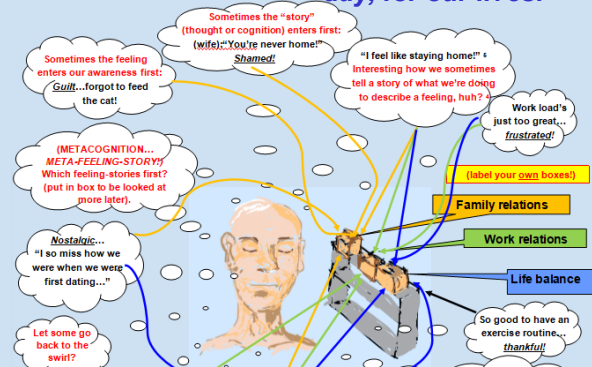
\* From *Mindsight* by Daniel J. Siegel

**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!

**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.



**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