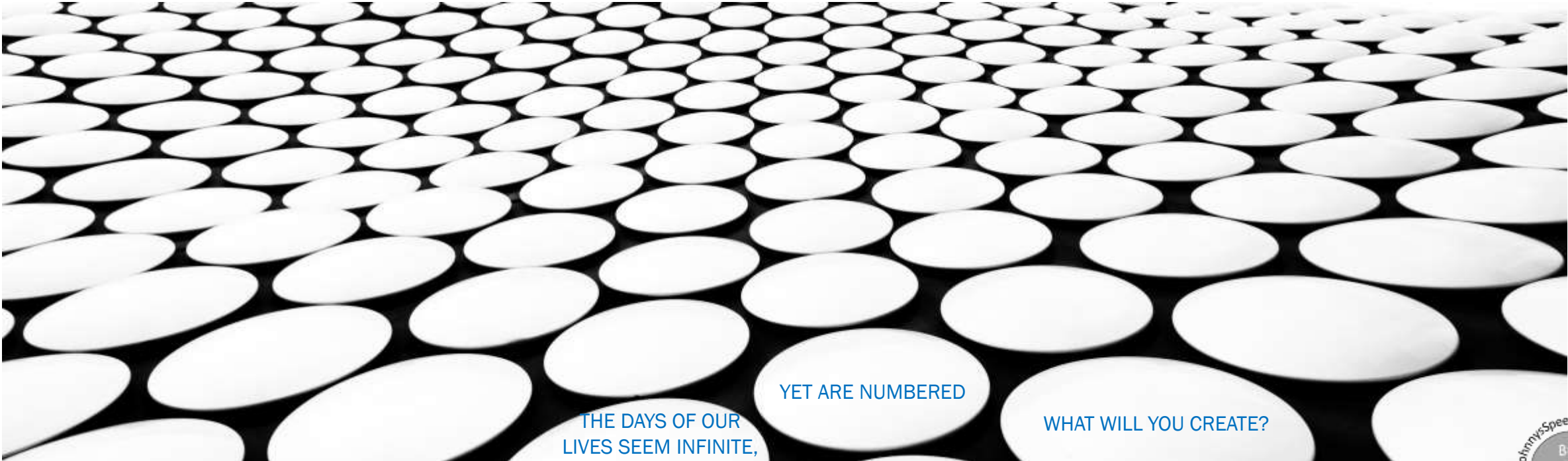

TO CREATE MOMENTS FOR THINKING IN THE MORNING

CREATING AN OPPORTUNITY TO THINK WITHOUT THE WEIGHT OF THE DAY'S EXPERIENCES



THE DAYS OF OUR
LIVES SEEM INFINITE,

YET ARE NUMBERED

WHAT WILL YOU CREATE?

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The idea is to have a creative time to think about something. If nothing immediately comes to mind begin by asking yourself some questions or expanding on 'insights' that you have had during meditation or some quiet time.

What if you don't? I found without this time to open up I was losing part of myself for time just continues to move on.

Without bound equals? Something in your mind is limiting you, you should or must because of something in your past. What if you just let this go and created something new in its place. Without bounds to me equals freedom. What does it mean to you?

*What is the value of my thoughts? We have been on this earth for a long time, some say that everything has been 'created', our thoughts are just a repeat of someone before us. I say does it matter? So what? The value in the thought is bringing it into focus for yourself and then someone else, this is value that we can stand on each other's ideas to move forward together. **What if those thoughts you have had were critical to all of us moving forward as a people and you never let it completely form you let time pass it by?***

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You could use this time for:

- To capture your creative thoughts
- To answer your questions
- Therapy to clarify & cage the 'monkey mind'
- To capture a dream
- To connect with your higher power

AND

It can be written, but does not have to be.

A faster method is just to speak into a 'voice recording' app on your phone.

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HOW WILL YOU
CHOOSE HOW YOU
SPEND YOUR TIME?

I thought hard about this and wanted to express why this time is so special for me, for why I look forward to this morning time so much.

Many times, ideas/insights will come out that I was not thinking about or had a recent connection to. These ideas/insights sometimes are connected to past experiences, but more often than not are completely new, they might tie to seemingly unrelated ideas, but usually were completely new.

An example for me: I knew I wanted to leave a legacy of ideas in people. I have mentored, coached and taught for many years. I saw my children reaching out to a larger audience online. An insight came to call these 'deeper blogs' (DB) to cover concepts at least one level below the surface on what is pushed on you in your 'youtube' or 'google-discover' feeds. Upon further insight, these deeper blogs would include direct experience and data. So, I took that simple insight and started to write creating another doorway for me to learn and express another kind of legacy. In the end will you be more fulfilled reading other's pushed information or thinking, creating & sharing your own?

I highly encourage you to set-up a time to connect to something bigger, for me this means The Holy Spirit.

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Some questions ...

What was I thinking, I was an idiot for not _____.
I miss this feeling _____.
I want to remember this part of my past differently.

What do I really want next? What can I do about this?
If I don't do this soon, I will be disappointed in myself. _____.
I am excited every time I hear or think about this. _____.



I want this now _____.
I am missing something _____.
Why will I fight on _____.
I am feeling this _____.
Why not now?

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From Tim Ferris's Tools of Titans

The 5-Minute Journal

To be answered in the morning:

I am grateful for ... 1)____, 2)____, 3)____.

What would make today great? 1)____, 2)____, 3)____.

Daily Affirmations. I am ... 1)____, 2)____, 3)____.

To be filled in at night:

Three (3) amazing things that happened today ...

1)____, 2)____, 3)____.

How could I have made today better?

1)____, 2)____, 3)____.

Some ideas from Tim Ferris's Tools of Titans

He took this from The Artist's Way: Morning Pages Journal by Julia Cameron

“Spiritual windshield wipers.”

“Once we get those muddy, maddening, confusing thoughts on the page, we face our day with clearer eyes.”

Julia Cameron

In Tim Ferris's eyes this means, “ *...the process matters more that the product.*”

It's the most cost-effective therapy I've ever found. Tim Ferris

Simply, **Morning Pages**, just write what you are feeling ...

1. I am trying to figure things out and this might help.

2. I'm just caging my monkey mind on paper so I can get on with my day.

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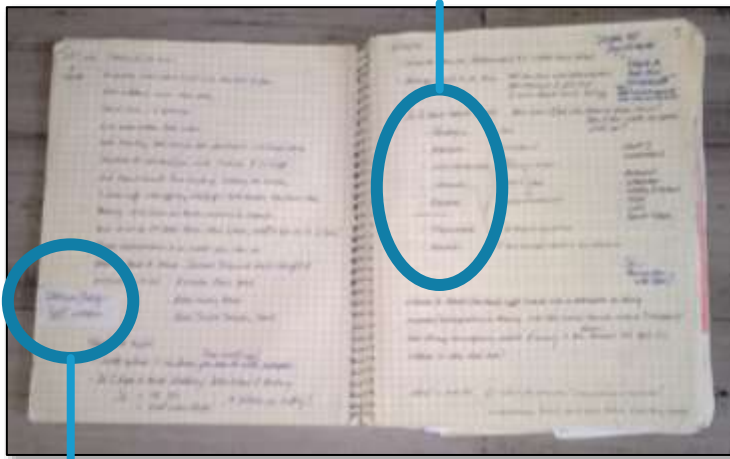
My experience:

I am better when I take the time to release my thoughts in the morning.

I feel I have captured something important – important for me.

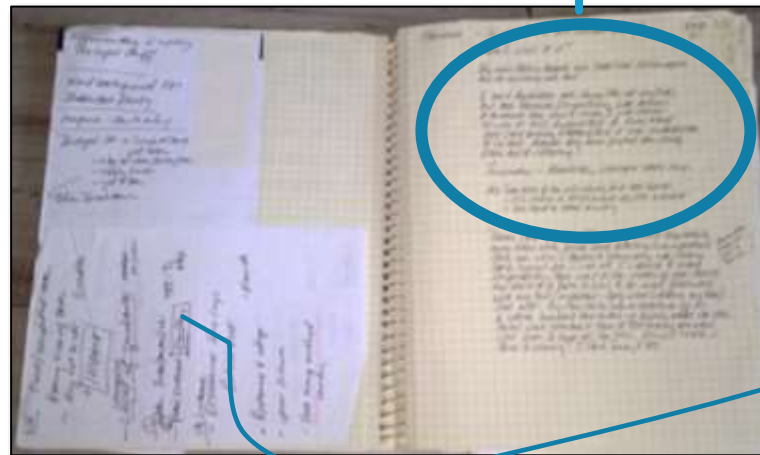


Question: I have these 'gifts' how will I now use them?



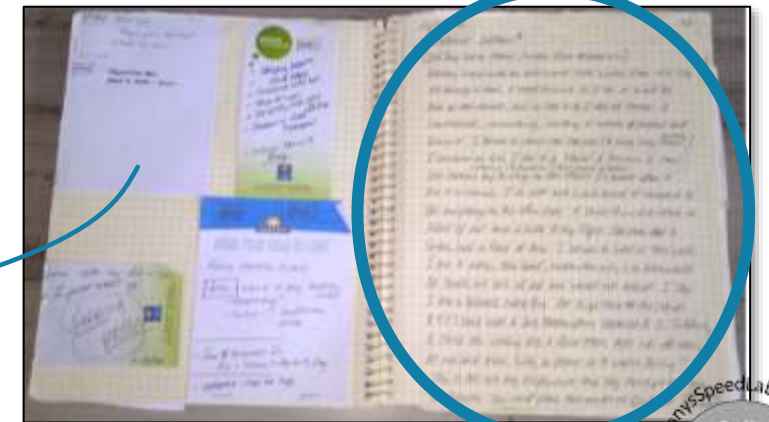
Thought: The ability to decide in the design cycle is one to the most powerful weapons

Question: So why do I not create more?



Collected scraps to captured treasure

Strange Dream



So, take some time in the morning and gather your thoughts, you will be better for it.

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Some additional benefits

After you have captured your thoughts for a few months or a few years. You might Review & Reflect on what you have written or spoken about. (see 'RRR + C' process on page 9/10 from deeper blog DB#11 *Finding Your Focus*)

As you look again you might ask:

- What was I learning? Is there a more universal lesson learned here?
- What progress have I made since then?
- What are the ideas that I had that I have not had a chance to act on, yet?

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REFERENCES:

Tools of Titans by Tim Ferris

The Artist's Way: Morning Pages Journal by Julia Cameron

Miracle Morning by Hal Elrod