

WISE BRAIN REPS *for Creativity*



As many times as you can remember throughout your day, active your wise brain muscles by creating a gap in your discursive thinking. Pause for 10 seconds to release your thoughts and shift into an open, receptive awareness:

- 1 Pause + release your train of thought
- 2 Shift your full focus to one or several of your senses, for example:
 - LISTEN TO SOUNDS
 - FEEL THE SENSATIONS IN YOUR HANDS
 - FEEL YOUR BREATH FLOWING IN + OUT
 - LOOK OUT THE WINDOW AT THE SKY OR GREENERY
 - SEE COLORS/TEXTURES IN YOUR SPACE
 - TASTE THE FLAVOR OF YOUR COFFEE/TEA
 - NOTICE ANY SMELLS
- 3 Return your focus to the task at hand

