



## 7g Signs of Wise Discernment and Mindfulness: INFO

\_\_\_\_\_ Situation \_\_\_\_\_ Initials \_\_\_\_\_ Date \_\_\_\_\_

Over time, you're likely to cultivate some aspects of wise discernment, including:

1. Being aware of what's happening as it's happening (and remembering what happened – in order to build personal insight and self-awareness).
2. Observing yourself, others and situations more objectively, in a curious and non-judgemental manner.
3. Noticing and disengaging from unhelpful patterns of automatic negative thoughts.
4. Seeing things (and yourself and other people) for how they really are now, rather than how we'd wish them be.
5. An ability to 'turn on' the attitudes of curiosity and openness in order to respond, rather than reaction to situations.
6. A greater sense of self-acceptance and self-compassion, becoming more patient and present in daily life.
7. Understanding that feelings too, not just thoughts and logic, play a significant part in motivation, decision-making and habits.
8. Accepting reality (versus struggling with it) in order to re-focus on wise action.
9. Understanding what might need to happen now, to better serve you, others, and the situation.
10. Clarity and composure of your inner world, in order to respond to, and influence, the outer world, within reasonable limits.
11. You gain a second level of awareness, the awareness of how you're thinking how that impacts you and your life. This is meta-awareness or *thinking about how you think*.
12. You may begin to see that thoughts are just thoughts. They can be viewed as arising data or information not direction or instructions that must be believed or followed. You can step back from them, examine them and check their usefulness and relevance. This helps to see where you may have bias, errors in logic, self-limiting beliefs or being influenced by old stories about yourself, others and the world.
13. You discover a sense of increased mental control, in terms of checking your automatic assumptions, and deciding on which thoughts and beliefs you will be guided by, rather than acting on autopilot.
14. Ultimately, helping you in the long term, to think clearly, make good decisions and be more STRATEGIC. This is where Tactical Composure, over time, leads to **Strategic Composure** – maintaining (as much as possible) a state of calm, wise and mindful operation and interaction with the world.