A PRINTABLE PRACTICE

Three Questions for a Hard Moment

About five minutes. Awareness, Attention, Action.

When to use it: a changed plan, an irritating message, or a conversation where you feel yourself getting defensive.

1

AWARENESS

What is happening in me?

Notice one sign the reaction has started: a tight jaw, a hurried voice, the urge to reply right away. Take one breath.

2

ATTENTION

What needs my attention?

Name the feeling. Separate what happened from what your mind has added.

3

ACTION

What is one loving step I can take now?

Ask a question, hold a boundary, own a mistake, or decide when to address it.

Afterward

I noticed _____. I paid attention to _____. I chose _____.

If you already reacted, start there. A simple repair may be your next step.

KEEP A RECORD

Moments I chose the light

Each time you use the three questions, write one line here. Over time, you will see the pattern.

DATE _____

I NOTICED _____

I PAID ATTENTION TO _____

I CHOSE _____

DATE _____

I NOTICED _____

I PAID ATTENTION TO _____

I CHOSE _____

DATE _____

I NOTICED _____

I PAID ATTENTION TO _____

I CHOSE _____

DATE _____

I NOTICED _____

I PAID ATTENTION TO _____

I CHOSE _____

Receive. Reflect. Radiate. In a single moment.