

Resources to Help Create Space and Build Resilience

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Five Things You Can Do in Five Minutes or Less to Create Space

I know how busy you are. So here are a few simple ways to bring a little space into your day.

1. Breathe out. [A longer out-breath activates the parasympathetic nervous system](#)¹ (rest, relax and digest) and [removes cortisol from your system.](#)²

For more, read James Nestor's [Breath: The New Science of a Lost Art](#).

2. Sit still and quiet, even if it is just long enough to listen to your favorite song. (That advice about the favorite song comes from [Tim Ferriss](#)³, and underscores the point that the idea is to start where you are and not disappoint yourself by not being "[The Serenest](#)"⁴).
3. Start your workday by thanking someone (email, handwritten note, don't be too picky). Among others, [Jeff Manning](#)⁵ has made this wise recommendation. These [random acts of kindness](#)⁶ have an effect.
4. At the end of the day, write down three things that went well and why. (This is from [Martin Seligman](#), who knows about thriving). Call it a Gratitude Journal if you like.
5. Move for at least 15 minutes each day. Walk up a flight of stairs. Walk around the block. Every little bit counts. The [science](#)⁷ backs this up.

For more, consider moving outside. [There are many benefits to spending time in the out of doors.](#)

Also available at <https://medium.com/@jjpringle/c/five-things-lawyers-can-do-in-five-minutes-or-less-to-create-space-9c6940aad69e>

¹ <https://www.mindbodygreen.com/0-4386/A-Simple-Breathing-Exercise-to-Calm-Your-Mind-Body.html>

² <https://www.npr.org/2010/12/06/131734718/just-breathe-body-has-a-built-in-stress-reliever>

³ <https://tim.blog/>

⁴ <https://www.theonion.com/monk-gloats-over-yoga-championship-1819563855>

⁵ <https://www.linkedin.com/in/jeffmanning/>

⁶ <http://www.shawnachor.com/in-action/the-happiness-archive/>

⁷ <https://www.health.harvard.edu/blog/how-simply-moving-benefits-your-mental-health-201603289350>

Five (OK, Six) Computer Tools You Can Use to Create Space

Aware of the fact there is a potential contradiction in postulating that technology can help clear your mind as opposed to filling it with the unimportant, I offer these (and there are many others, I just chose these, I am a user of these things but get no consideration from any of them, etc. etc.) to manage attention and energy of all types.

1. Evernote (www.evernote.com) - Your Brain is a Terrible Storage Device.



If your mobile device will never leave you, why not use some of that capacity to store things you want to remember later? Folders, tags, syncs across all your devices, etc. Stop complaining about that book or band someone mentioned to you a week ago that you promptly forgot.

2. Headspace www.headspace.com - Meditation on Demand and at Your Very Fingertips



Not ready for an ashram or a studio, much less chanting? Headspace lets you choose from a variety of guided or unguided meditations, so you can do them in the privacy of your office or home and at your own pace (i.e. five minutes is just fine).

3. Freedom <https://freedom.to/> - Eliminate the Temptation to be Distracted.



Freedom blocks certain sites (or the whole Internet) for a time period of your choosing.

4. 750 Words <http://750words.com> - Get Your Ya-Ya-s Out (Of Your Head)



Keeping a journal is a powerful way to create the space to clear your head, create, recover, and [express gratitude](#).⁸ (read everything [Benjamin Hardy](#)⁹ writes). This [site](#) provides a simple way to create those “[morning pages](#)”¹⁰.

5. AllTrails <https://www.alltrails.com/>- Get Outside.



You can find every hike close to you. Wherever you are. No excuse now.

6. iNaturalist. <https://www.inaturalist.org/> Learn the species and track your observations.



Conclusion

As Melvin Kranzberg observed, “technology is neither good nor bad; *nor is it neutral.*” It’s up to you to discern what technology tools serve you best in your various endeavors.

Also available at <https://medium.com/@jjpringlesc/5-computer-tools-lawyers-can-use-to-create-space-b16a2f846fea>

⁸ <https://medium.com/the-mission/why-keeping-a-daily-journal-could-change-your-life-9a4c11f1a475>

⁹ <https://medium.com/@benjaminhardy>

¹⁰ <http://juliacameronlive.com/basic-tools/morning-pages/>

Resolve to Use Your Device as a Tool- And to Resist Being Tooled by It

It's that time of year: reflection and some soul-searching about what to do differently when we turn over a new leaf on January 1st. Let me offer a modest proposal.

The New Body Part

Everyone reading this post has a smartphone. And you probably are not going back to a flip phone, a bag phone, or a rotary dial phone hanging on the wall in your kitchen.

These cases require us to decide how the search incident to arrest doctrine applies to *modern cell phones, which are now such a pervasive and insistent part of daily life that the proverbial visitor from Mars might conclude they were an important feature of human anatomy*. Chief Justice Roberts, [*Riley v. California*](#).¹¹

And I know you have legitimate uses for your device: very convenient to get things done at any time and wherever you are. Ridiculous amounts of computing power and broadband internet speeds and video and pictures and those GIF memes, emojis, etc., etc. I get it.

But I am sure that none of us planned to be on our devices constantly, at least not in the way we actually use them. Be honest: when you are on your smartphone, how often are you doing productive things? And how often are you doing “unproductive” things *intentionally*?

I am not being a scold here. [No one enjoys playing as much as I do](#)¹². The question is whether you *decided* to play, or whether your device just happened to be there and you swiped and typed.

Are You Using the Device, or Is It Using You?

Bright, shiny devices so easily accessible and so full of bells and whistles hijack self-control. And left to our own devices (thanks, I will be here all week), we are likely to create our own little [Skinner Boxes](#)¹³- with games, social media sites,

¹¹ https://www.supremecourt.gov/opinions/13pdf/13-132_819c.pdf

¹² <https://pringlepracticeblog.blogspot.com/2015/05/in-celebration-of-play.html>

¹³ https://en.wikipedia.org/wiki/Operant_conditioning_chamber

and constant checking of all our information streams- all the while not knowing that we're doing it.

[Your attention is being sought and used relentlessly by those doing business in the online world¹⁴.](#)

“If you're not paying for something, you're not the customer; you're the product being sold”.—Andrew Lewis.

Technology as a Servant, Not as a Master

And when computer tools are using us, we don't get to determine how we can [use these technologies as part of our “extended mind”- allowing computers to perform tasks that free up our minds to do higher-level thinking¹⁵.](#) That higher-level thinking [is what is going to enable work and workplaces to continue to evolve as automation advances¹⁶.](#)

If you will have your device as another appendage, then put it to work for you.

Train Your Mind-Try Meditation.

[Headspace¹⁷](#) is just so easy to use. And you can use it anywhere. . Carving out those quiet moments may create the space for you to see the way your mind works, and how these technologies have commandeered your attention and created the idea that you are so “busy” all the time.

And I am a proponent of getting quiet- whether through meditation, getting outside, exercising, or undertaking other pursuits- and away from devices altogether. But it is not an all-or-nothing proposition. The key is to have the space and frame of mind to discern what tools to use and when. And to realize who or what is being used.

¹⁴ <https://www.amazon.com/Hooked-How-Build-Habit-Forming-Products-ebook/dp/B00HJ4A43S>

¹⁵ <https://pringlepracticeblog.blogspot.com/2013/10/smarter-than-you-think-and-its-lessons.html>

¹⁶ <https://counselorchronicles.com/learning-the-lessons-of-john-henry-7de7f4c2b130#.xzt7gn6jl>

¹⁷ <https://www.headspace.com/>

Give Your Mind a Rest.

See above. In addition, stop keeping all these ideas in your head. Use Evernote or a similar program to memorialize and organize things for later use. If the device will be with you at all times, at least take advantage of that fact. As the late great Mitch Hedberg remarked:

I sit at my hotel at night, I think of something that's funny, then I go get a pen and I write it down. Or if the pen's too far away, I have to convince myself that what I thought of ain't funny.

Free Up Your Attention

Quit complaining that you don't have time unless you have gotten smarter about the way you use your time. Try [Boxed](#)¹⁸. Or [Amazon Prime](#)¹⁹. The idea is to use your time and attention to do meaningful things. An afternoon of shopping and hauling things around is not meaningful in my world when there are available alternatives.

Feed Your Mind

There has never been a better time to learn new things. And these devices make myriad information sources available to you. Below are just two examples.

Listen to Books. It has never been so easy to have great content literally at your fingertips. Consider a subscription to [Audible](#)²⁰, and listen while you drive, work out, walk, or otherwise have downtime. If you are looking for recommendations, click [here](#)²¹.

Listen to Podcasts. See above. Long-form discussion. Topics directly related to your profession, interests, or entertainment choices. Always available. Pushed

¹⁸ <https://www.boxed.com/>

¹⁹ https://www.amazon.com/dp/B00DBYBNEE/?tag=googhydr-20&hvadid=106229647582&hvpos=1t1&hvexid=&hvnetw=g&hvrnd=18440694473939515249&hvpone=&hvptwo=&hvqmt=e&hvdev=c&ref=pd_sl_34qfrygf2i_e&hvtargid=kwd-3151046130

²⁰ <http://www.audible.com/>

²¹ <https://pringlepracticeblog.blogspot.com/2016/08/some-good-reads-listens-for-2016.html>

directly to your device. You don't have to do anything but click and listen. Podcasts for lawyers? Click [here](#)²².

Conclusion

The age of machines (artificial intelligence, machine learning, autonomous vehicles, the blockchain) is only just getting started. The changes in the way we live and work will be significant (and arguably have already been significant). For humans to figure out where we fit in, we have to have lots of attention and figure out where to spend (pay) it. That means understanding these tools- their benefits and risks- and making sure we use them wisely and effectively.

²² <https://pringlepracticeblog.blogspot.com/2015/02/podcasts-for-lawyers.html>

Some Good Books for Getting Better

The following is a collection of resources (in no particular order) that I have found helpful for doing some of that work.

1. [This is Water: Some Thoughts, Delivered on a Significant Occasion, about Living a Compassionate Life.](#)²³ The late David Foster Wallace delivered this commencement speech at Kenyon College in 2005. Exercising the choice of what you think about is essential in navigating the day-to-day where we live our lives. And being attentive and mindful of what is right in front of you is necessary to overcome your inherent self-centered nature-- the real journey of a lifetime.
2. [Toughness: Developing True Strength On and Off the Court](#)²⁴, by [Jay Bilas](#)²⁵. This is an extraordinary thorough and insightful exploration what it takes to complete the missions you undertake. And toughness is not what you think it is.
3. [Wherever I Wind Up: My Quest for Truth, Authenticity, and the Perfect Knuckleball](#)²⁶, by R.A. Dickey. Dickey has faced and overcome tremendous challenges, numerous setbacks, and professional and personal failures on his journey back to the Major Leagues. This is not a book about baseball, but about confronting your demons, figuring out what matters, and persevering- again and again and again. If you think you know something about bravery and courage, read this.
4. [The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do To Get More Of It](#)²⁷ by Kelly McGonigal. Doing what matters is difficult, in part because our brains are wired to want and seek something different. McGonigal offers the most practical explanation I have read of why this is the case, and down-to-earth advice on how to train yourself in service of your real goals.

²³ <http://www.amazon.com/This-Water-Delivered-Significant-Compassionate/dp/0316068225>

²⁴ <http://www.amazon.com/Toughness-Developing-True-Strength-Court/dp/0451414675>

²⁵ <https://twitter.com/JayBilas>

²⁶ <http://www.amazon.com/Wherever-Wind-Up-Authenticity-Knuckleball/dp/0452299012>

²⁷ <http://www.amazon.com/Willpower-Instinct-Self-Control-Works-Matters/dp/1583334386>

5. [Flow- The Psychology of Optimal Experience](#)²⁸, by Mihaly Csikszentmihalyi. An exploration of how high performers get "into the zone" or "in the groove."
6. [Do the Work](#)²⁹, by Steven Pressfield. Identify the "Resistance" holding you back.
7. [How Will You Measure Your Life?](#)³⁰ by Clayton Christensen, James Allworth, and Karen Dillon. This is an absolute must-read for anyone starting or planning a career. It poses very difficult questions, but aren't those the only ones worth wrestling with?
8. [The Artist's Way](#)³¹, by Julia Cameron. If you think you are not an artist, and are not a "creative" person, you are so wrong.
9. [The Checklist Manifesto: How to Get Things Right](#)³², by Atul Gawande. I have written about Gawande and the importance of checklists [here](#), [here](#), and [here](#). All organizations can improve their processes and manage their knowledge more effectively by utilizing checklists.
10. [Thinking, Fast and Slow](#)³³, by Daniel Kahneman. You think your thinking process is "rational" and "objective"? Reconsider. Knowledgeable insight into how our biases affect decisionmaking.

²⁸ http://www.amazon.com/Flow-The-Psychology-Optimal-Experience/dp/0061339202/ref=sr_1_1?ie=UTF8&qid=134510918

²⁹ http://www.amazon.com/Do-Work-Steven-Pressfield/dp/1936719010/ref=sr_1_1?s=books&ie=UTF8&qid=1345109349&sr=1-1&keywords=do+the+work

³⁰ http://www.amazon.com/How-Will-Measure-Your-Life/dp/0062102419/ref=sr_1_1?s=books&ie=UTF8&qid=1345110414&sr=1-1&keywords=how+will+you+measure+your+life

³¹ http://www.amazon.com/Artists-Way-Julia-Cameron/dp/1585421472/ref=sr_1_1?s=books&ie=UTF8&qid=1345109709&sr=1-1&keywords=the+artists+way

³² http://www.amazon.com/Checklist-Manifesto-How-Things-Right/dp/0312430000/ref=sr_1_1?s=books&ie=UTF8&qid=1345109781&sr=1-1&keywords=checklist+manifesto

³³ http://www.amazon.com/Thinking-Fast-Slow-Daniel-Kahneman/dp/0374275637/ref=sr_1_1?s=books&ie=UTF8&qid=1345110199&sr=1-1&keywords=thinking+fast+and+slow

11. [The Power of Full Engagement: Managing Energy, Not Time, is the Key to High Performance and Personal Renewal](#)³⁴, by Jim Loehr and Tony Schwartz. To be effective, you have to manage your energy: physical, mental, emotional, and spiritual.
12. [Getting Things Done: The Art of Stress-Free Productivity](#)³⁵, by David Allen. Do it, Delegate It, or Defer It. Close open loops. Know the difference between the urgent and the important- especially if the most recent email hitting your inbox always becomes your highest priority.
13. [The 7 Habits of Highly Effective People](#)³⁶, by Stephen Covey. A very detailed roadmap of how to get control of your professional and personal life.
14. [The Algebra of Happiness: Notes on the Pursuit of Success, Love, and Meaning](#)³⁷, by Scott Galloway. Observations on what matters, and getting a handle on your burn rate.
15. [The Happiness Curve: Why Life Gets Better After 50](#)³⁸, by Jonathan Rauch. Meant for people of a certain vintage, but some inspiration for those slogging through the trough, too.

³⁴ http://www.amazon.com/Power-Full-Engagement-Managing-Performance/dp/0743226755/ref=sr_1_5?s=books&ie=UTF8&qid=1345110513&sr=1-5&keywords=james+loehr

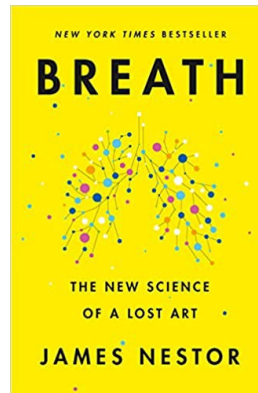
³⁵ http://www.amazon.com/Getting-Things-Done-Stress-Free-Productivity/dp/0142000280/ref=sr_1_1?s=books&ie=UTF8&qid=1345110836&sr=1-1&keywords=Getting+things+done

³⁶ http://www.amazon.com/Habits-Highly-Effective-People/dp/0743269519/ref=sr_1_1?s=&ie=UTF8&qid=1345110917&sr=1-1&keywords=seven+habits+of+highly+effective+people

³⁷ <https://www.amazon.com/Algebra-Happiness-Pursuit-Success-Meaning/dp/0593084195>

³⁸ <https://www.amazon.com/Happiness-Curve-Life-Better-After/dp/1250078806>

Practice Breathing to Help Your Body Work for You



I know, what a basic and obvious proposition. The body doesn't "work" unless you're breathing. And isn't breathing- something we do automatically without being aware it's happening- one of those [habits](#) we should all develop? And if it's working (I am still here, right?), why give breathing a moment's thought, especially given all the things that require attention?

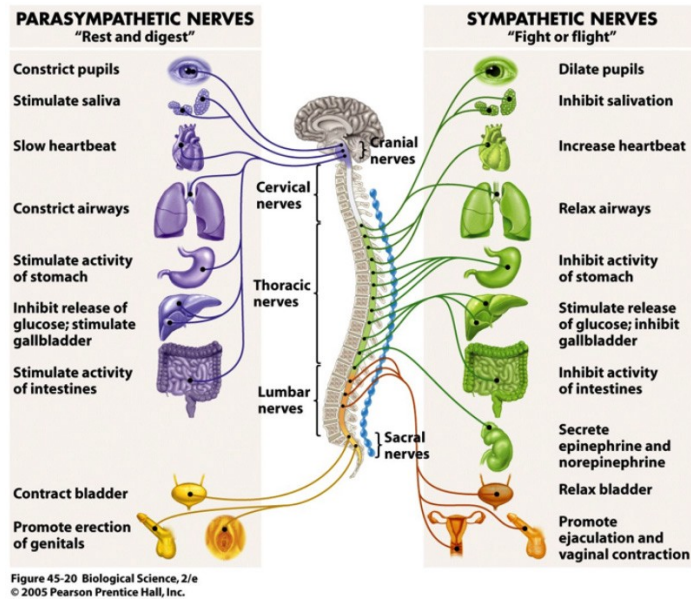
Here's why: the way we breathe can help regulate the body's automatic responses, and provide more space for thinking and problem-solving.

Let me briefly explain, helped by [Breath: The New Science of a Lost Art](#) by James Nestor.

A Quick Primer on the Autonomic Nervous System and Its Effects

Our autonomic (meaning "involuntary" or "unconscious") nervous system controls several body functions, including heart rate, respiratory (breathing) rate, and digestion. As the name suggests, the autonomic nervous system operates "in the background," largely outside of our control or awareness.

The autonomic nervous system has two parts: the sympathetic and the parasympathetic.



Broadly, the sympathetic nervous system is designed to quickly mobilize some body functions, while the parasympathetic nervous system provides an opposing effect. The common shorthand is that the sympathetic nervous system is “fight, flight, or freeze,” and the parasympathetic nervous system is “feed and breed” or “rest and digest.” (Sex is one exception- where the two work somewhat in concert, but isn’t sex always an exception?)

These sub-systems work in opposition to one other, to facilitate different actions. However, it can be unhealthy when one acts to the exclusion of the other.

The Sympathetic Nervous System: A Great Tool, But Dangerous When Always “On”

The sympathetic nervous system (also called *stress response*) prepares you for action:

- Blood flow gets redirected from the stomach (ever notice how you forget to eat when you’re excited?) and bladder to the brain and to various muscles.
- Heart rate increases, pupils dilate, palms sweat, mind sharpens.
- Cortisol (called the “stress hormone”) and adrenaline (also called epinephrine) floods into the body to help fight inflammation.

And breathing speeds up and becomes more shallow. Notice that the sympathetic nervous system causes real, measurable physiological effects in the body.

And this happens automatically, which is fantastic when you need that energy and focus to fight or run or address an emergency.

Problem is, the sympathetic nervous system is not necessarily tuned to discern the difference between a real threat and a false alarm. In a world with so many stimuli, our bodies (including our brains) are constantly primed to flee and fight.

But the body is not designed to stay in the stress response state for long periods of time. The state of “chronic stress” or “distress” — one characteristic of which is the buildup of cortisol in the blood — leads to a host of health problems, including:

- interference with learning and memory;
- lower immune function and bone density;
- increased weight gain;
- high blood pressure;
- elevated cholesterol;
- increased risk for heart disease, stroke, depression and mental illness; and
- lower life expectancy.

A constant state of stress response can eliminate the space necessary for problem-solving, curiosity, and creativity. The need to make that state of distress, panic, worry, or anxiety go away often overwhelms possibility.



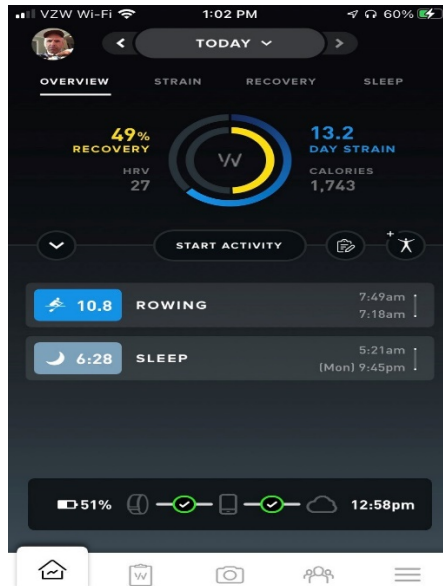
When fear dominates, our sense
of possibility collapses.

Sharon Salzberg

From The [WeCroak App](#).

The Parasympathetic Nervous System: Rest and Recover

The parasympathetic nervous system encourages the body to “feed and breed” and then “rest and digest.” Nourishment, rest, and recovery are important to counterbalance strain and energy expenditure.



Obligatory plug for the [Whoop Strap](#) which measures strain and recovery.

Activating the parasympathetic nervous system is important get the body out of stress response, avoid chronic stress and its negative effects, and build and maintain the energy to think clearly and solve problems.

Breathing can help.

Intentional Breathing Pays Dividends

Lots of us have no idea how we breathe, and may be stuck in breathing patterns that are unhealthy. Per the above, we may be breathing quickly and shallowly even if there is no present danger.

One fascinating point that Nestor shared describes a phenomenon called “email apnea” or “continuous partial attention”:

*Up to 80% of office workers (according to one estimate) suffer from something called continuous partial attention. We’ll scan our email, write something down, check Twitter, and do it all over again, never really focusing on any particular task. In this state of perpetual distraction, breathing becomes shallow and erratic. **Sometimes we don’t breathe at all for a half minute or longer.***

Becoming aware of instances where breath stops, or when breathing has become fast and shallow, is an opportunity to breathe differently (or just to breathe).

And back to the problem of being “stuck” by the sympathetic nervous system, slower breathing emphasizing the “out-breath” activates the parasympathetic nervous system and lowers heart rate, blood pressure, and cortisol in your system.

Isn't that a state where we'd like to spend at least some of our time, to cooperate, collaborate, engage our curiosity, and develop the courage to take risks?



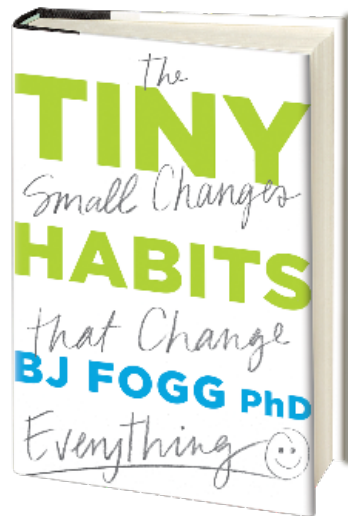
Inspired by [“How Do You Find Breakthrough Ideas?”](#) by Baba Shiv, October 15, 2013

Conclusion: Practice

Breathe slowly, a little less, and through your nose with a more pronounced exhale. And practice. The upside of something you do all the time, no matter where you are, is that you can always work on it.

One place to start? Google [“Breathing Exercise”](#). I am not kidding.

Remove Self-Judgement from Your Judgment- And Get Curious



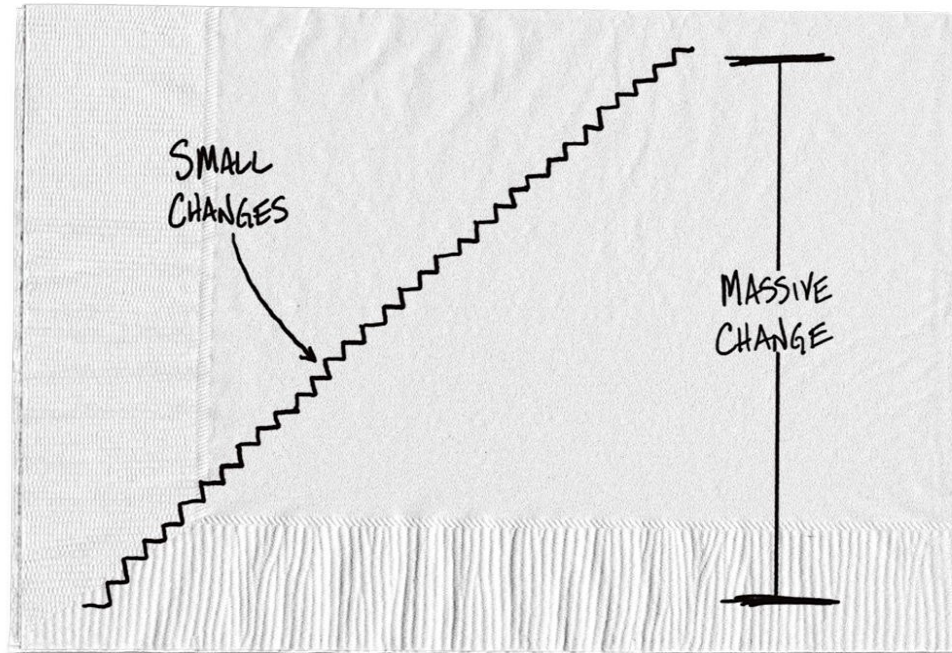
We all want to get better in our various roles. Or at least that's where I start in these pieces. If you believe you're fully formed and have nothing new to learn, then by all means keep doing what you are doing, telling everyone within earshot how busy you are, and dropping the names of people I don't know.

And getting better means improving my behavior, both those conscious decisions I make (judgments), and those automatic decisions I may make without being aware (habits). Improving my judgment and habits is the process through which I learn new things and develop new skills, sharpen the tools that serve me well, and (hopefully) reduce the incidence of bad decisions and habits.

Let Me Guess: You Read another "Great" Book?

And once again I have discovered a book that has illuminated not just how important habits are, but also one of the biggest obstacles to developing good habits- my own self-judgement.

The book is [Tiny Habits: The Small Changes that Change Everything](#) by B.J. Fogg, and I like it so much in part because it encourages me to do the real work and process of improving my behaviors. I like Fogg's emphasis on the importance of gradual and incremental changes.



<https://twitter.com/behaviorgap>

I also love that *Tiny Habits* identifies the essential role of emotion in habits, and especially in building new habits and changing old habits (I will come back to that at the end).

The Importance of Seeing Things Clearly

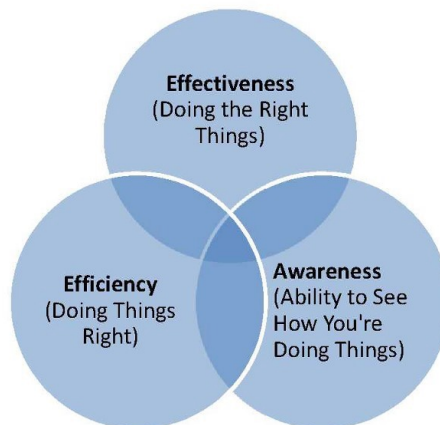
One theme (expressed in two quotes) leapt off the page:

“Look at your behavior with curiosity and objective distance.”

“Once you remove any hint of judgement, your behavior becomes a science experiment.”

In any situation where you have a problem to solve, or a decision that needs to be made, it is essential to see the issue or task.

To be more effective (do the right things), and efficient (do things right), how do you evaluate yourself (or your office, organization, etc.) unless [you can see clearly what you are actually doing?](#)



Idea from Tim Ferriss- I am aware it might not actually be a Venn Diagram

What hinders [curiosity](#) and objective distance, especially with the way we think and act?
 What clouds, filters, narrow, or blinds our ability to see something clearly?

One major obstacle- at least in my experience — is self-judgement. Self-judgement is the harsh inner critic (fueled by emotion and the desire for survival and acceptance) who is much more unforgiving than you ever would be to another person. Paradoxically, self-judgement is also that “biggest fan” capable of placing blame and deflecting responsibility when things go awry, or taking credit where credit is not due. In either case, self-judgement, as the term suggests, is narrowly focused on the self.

“The less there was of me, the happier I got.” — Leonard Cohen

Why is self-judgement so unhelpful and potentially harmful?

Self-Judgement is Not Accurate

Consider :

“I am a good person.”

“I am a bad person.”

“I am not a creative person.”

“I won that motion/oral argument because I am a more skillful orator.”

“I lost because opposing counsel is/had/used _____.”

“I am not a fitness person.”

“I don’t work enough.”

“I don’t spend enough time at home.”

These pronouncements are hardly factual or objective, except perhaps in the vaguest of senses. What would your reaction be if you saw statements like these in a brief? (Seeing how these self-judgements look on paper is one reason [to keep a journal](#)). Do you ever proclaim “My client is a lawful person!” and then walk away from the podium?

Self-Judgement Keeps Us Stuck

More fundamentally, self-judgement ensures that you are not trying to change the shape you’re in. [1] Self-judgement categorically labels an immutable characteristic (“I am a terrible writer”), not a circumstance (“That brief was not so effective.”). *And something that is immutable can’t be changed.*

The binary [2] self-judgement categorization leaves no space for improvement, because instead of appreciating mistakes as discoveries or experiments that show a path to improvement, we fail to see we made any mistakes (problematic), or see error as further confirmation of inherent inadequacy or someone else’s fault (more problematic).

Back to the harshest critic/biggest fan framework, notice that the statements “I am a good person” and “I am a bad person” both fix you in place. The latter indicates that you don’t believe you can leave your current (“bad”) predicament, the former suggests you don’t believe there is any reason to leave that (“good”) state.

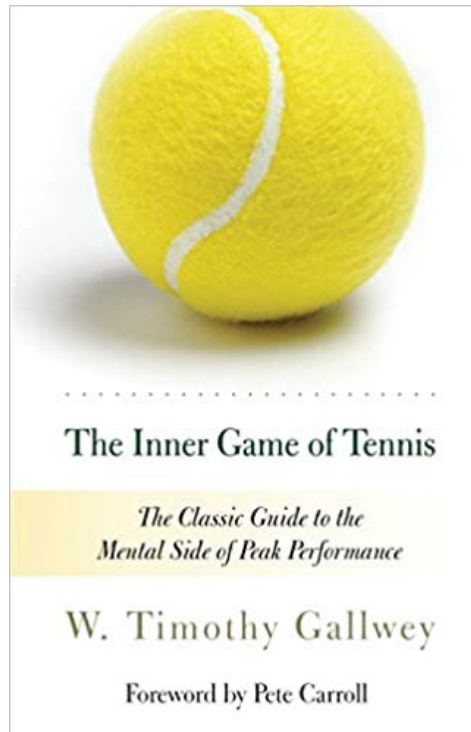
Whether it is self-flagellation or self-aggrandizement, self-judgement leaves no room for any distance from the belief that we’re completely wrong or unquestionably right(eous). When you’re fuming that the judge had it in for you or flying high on your brilliance, you’re letting yourself off the hook to be responsible for figuring out what to do better the next time.

Self-judgement kills curiosity, and leaves you no space to grow or to want to change, even when the evidence is right in front of your nose.

Don’t Get Me Wrong

By discouraging self-judgement, I am not advocating that you stop evaluating yourself or others appropriately, or suggesting that “whatever” be your credo.

“By ending judgement, you do not avoid seeing what is. Ending judgement means you neither add to nor subtract from the facts before your eyes.” — W. Timothy Gallway



<https://medium.com/r/?url=https%3A%2F%2Fwww.amazon.com%2FInner-Game-Tennis-Classic-Performance%2Fdp%2F0679778314>

Conclusion: So What to Do?

Three suggestions, (since everyone digs checklists):

1. Notice when you're "exercising" self-judgement. Then maybe you can replace "I'm bad at ..." with "What can I do to?"
2. Celebrate your successes- no matter how small- toward addressing self-judgement (or anything else). Emotions create and cement habits, both good and bad.
3. Go easy on yourself and remember this a lifelong process.
4. Bonus: **"When in doubt, zoom out."** -Reggie Watts. I will let you chew on that.

You've got enough challenges ahead of you without getting in your own way.

[1] The Band song is not "You don't know ... the shape in which I am," so don't @ me about the preposition.

[2] Beware the Binary. <https://www.businessinsider.com/nyu-professor-scott-galloway-conflating-luck-talent-dangerous-2019-12>