

THE QUIET SHIFT

14 Small Steps Toward a More Enjoyable Life

One reflection. One small action. A little room for
something good.

BOOKLET SAMPLE - DRAFT

Make room for one good experience

We can spend a whole day dealing with what needs attention and never ask what might make the day enjoyable. There is always another task. Pleasure gets pushed into a future that keeps moving.

Imagine getting to the end of a busy afternoon and remembering a song we love. We play it, sit down, and listen all the way through. The unfinished work is still there. So is a small experience we are glad to have had.

A good experience need not be impressive or expensive. It might be watching birds from a window, making something we like to eat, or taking a short walk with someone whose company we enjoy.

We do not have to earn every pleasant moment by completing everything else first. We can give enjoyment a place alongside our responsibilities. If one idea brings little pleasure today, that is useful to notice too. We can try something different another time.

A SMALL THING TO TRY

Choose one small experience you would welcome today. Decide when it could happen, and give it your attention when it does.

What did I choose, and what did I notice?

Something enjoyable can belong in an ordinary day.

Leave a little space

When something troubles us, we may feel pressed to respond immediately. The urge to get relief can be strong, even when the decision itself could wait.

Imagine receiving a message that sounds critical. A reply begins forming before we have finished reading. We could write it down without sending it, make a cup of tea, and return to the message a little later. We may still disagree, but we have given ourselves time to choose our words.

A pause can be quite ordinary. We can look out of a window, stretch, or sit for a moment with our feet on the floor. There is no need to make our mind perfectly quiet.

Some situations need immediate action. Where waiting is reasonable, though, a little space can help us see more than the first response that occurred to us. We might notice a question to ask or an option we had overlooked.

A SMALL THING TO TRY

Choose one non-urgent matter. Before responding, take a short break and ask: what would I like this response to accomplish?

Did the pause change anything about my next step?

We can give ourselves a moment to choose.