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One week ago we met - how's Designing going?

1 message

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Hello Everyone,

I miss you.

and, so glad that we did not have class tonight - trudging through the snow!

wishing you some holiday reflection on [gratitude](#), one of the practices primary in the development of the skill of happiness

a few things:

- take a look at where you are right now, what practices are you using or not, and decide to reMember.
- we will **meet on December 17th 6pm -1 hour online Zoom** to explore what habits you have been able to get on board, what gets in the way..... (come join the [Habit Seminar](#)) - spread the word (Tues pm or Sat.)

if you missed the memo on that pocket guide - keep designing - be accountable, engaged, show up, you matter!

Audios:

[Final Circle](#) - we 'called it in' to design it (4 minutes)

{use your imagination - **this is how class 8 was to end**} !!!

[Writing Prompt on Values](#) [19:56 is home practice challenge if you want to listen]

below are ReMinders of what you might engage between now and when we meet:

Map your own cycle – Aware of perceptual stimulus, activation in body, appraisal, action

Then growth mindset – what can be learned toward the development of what value

Practice: bookend your days with Intention – sense body and remember a value / intention, what will lead, to set the design to interrupt the speedy mind and regulate cortisol –

weave throughout the day – 30/60/90 seconds –SOAP use this as what you are doing in that pause, small doses many times –

end day with reflection – space to know intention/ value – where missed marked, land on good-hearted intentionality – design to see what is well and good.

Pick something from audios – practice one day audio one day no audio to support self- build muscle

don't leave home without your POCKET GUIDE – when I don't like - my pattern/habit is _____ and from the many things offered in this program what are you training to insert to interrupt the pattern – practiced repeatedly – imagine it as really concrete in your pocket

always Review the end in mind – what direction you want to go

- one more thing - can you fill out the **quick scales attached** - real easy- just take a photo and send back to me in email or text (720 317 5170) -

and, see **passwords** to [modules online](#) - enjoy - review - more will be added

Life is happening

12/3/2019

Center for Healthy Habits Mail - One week ago we met - how's Designing going?

we are paying attention to something
so why not Design instead of Default

if you have benefited from this class - please lend your voice to let others know
90 seconds just [click here](#)

big heart,
diane

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Diane Renz, LPC, Founder & Director
Center for Healthy Habits - body brain behavior
Consulting, Coaching, Counseling, Classes

3 attachments



WEEK 8 The_Mindful_Attention_Awareness_Scale_-_Trait_(1).docx
15K



PSS LAST WEEK WORD.docx
15K



Passwords.pdf
93K