

The ppreciation Project

LEAVING THE AUTOMATIC PILOT: Falling in love with our daily routines

Context: This practice is useful for any of us to adopt a tourist mindset in our own lives

In which situations can you make use of it: You can use it when you are bored with your routine, or realize that you are living under a deep automatism in your daily life. This practice helps us to experience marvellment with what already exists without having to invent new things. In other words, rediscover what it is instead of having to keep looking for novelty.

* deep automatism: when you are living day after day without seeking meaning, without presence, without connecting with your surroundings (failing to perceive things and, consequently, to appreciate them).

How long should the practice last: Duration: 10 minutes. When: Repeat for 1 week on work days.

Instructions: When you're on your way to work (on a bus, car, or walking by foot or biking), turn off the radio or music and for the next 7 to 10 minutes be 100% present in what is alive in this moment. Ex: if you are on the bus, you can choose to watch and fully enjoy the curiosity around the presence of other people who are in that transport. (create and tell yourself stories about the people around you; if you could ask questions what would you ask; imagine what you may have in common) /Ex: if you are in the car, what are the trees on the road, how are the street, the people, and the animals on the road (try to imagine what their daily lives is like?) /Ex: if you are walking, connect with your breath and with the smells you notice along the way (pleasant or unpleasant) and name each one of those smells; try stopping somewhere along the way and eating something different. Seek to connect with the life that surrounds you on your way to work. Use your 5 senses: touch, smell, sight, hearing, taste.

Self-observation: What did you see? What did you feel? (smell, taste, touch). Who did you observe? Of all the things you observed, what was most curious? Which one most intrigued your curiosity?

Journaling:

Write down the memories this path evoked.

What stories did you create?

What emotions emerged?

At the end of a week read your notes again and try to identify what those stories tell about yourself: your dreams, desires, values, etc.

Somatic practice

Emotional Practice

