

# IDEA sheet

## How smart are you?

Let's explore the benefits of unplugging from our electronic world and letting our brains take a break from task-active to task-negative time. This helps restore a balance in your brain neurons.

**FIRST, let's give space to our inner chatter. List the items that are asking for attention in your head.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Write a few descriptions of the inner feelings of having these inner voices calling on your attention. It is important to understand the stress on you.

These thoughts make me feel \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Second, identify ways you feel filled back up, recharged. Is it a long walk at dusk, drinking tea on the porch and just gazing out? Walking the dog and paying attention to your dog? They sniff and walk along without a care in the world. What is it that allows those feelings inside you?**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

Identify the feelings that these activities create inside you. Write down the positive feelings and enforce your internal permission to feel them.

When I unplug and “wander” I feel \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Now let’s consider next steps to start a new habit.

**ACTION STEPS**

**Today I will unplug at least \_\_\_\_\_ times and allow my mind to wander.**

**During the week I can unplug best at these times of the day \_\_\_\_\_  
\_\_\_\_\_.**

**I commit to unplug at least \_\_\_\_\_ times a day.**

**I commit to unplug at least \_\_\_\_\_ times a week.**

**The feelings I look forward to more often are:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Your brain will thank you.**

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