

Contemplations on a Balanced
and Intrinsically Motivated Life

reflective practice. spring 18.

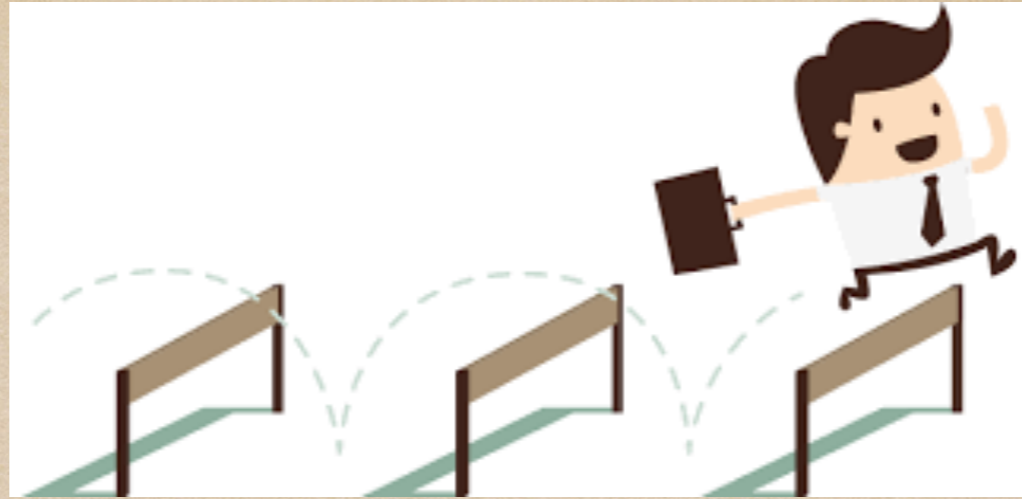
- an intentional, systematic, and contemplative practice
- the way you do something
- to reach a new outcome.
- into ongoing processes

A playful & experiment with a self defined strategy
to transform my feeling of dread
by increasing my appreciation for how I respond to my life

Ryder Carrol "Calendex"

The Renaissance Quilling craft of Monastic Life

To make an aesthetic object that represents my effort



work hard,
stay motivated
get rewarded,



Do NOT Reward Yourself With FOOD You Are Not A DOG!

No Food tastes as good as it feels to:

1. Have energy when I get out of bed in the morning.
2. Enjoy a more active life doing the activities I enjoy.
3. Get a better health report at the doctors office.
4. Be able to fit into some favorite old clothes (or new).
5. Enjoy living a longer, healthier life and being with my loved ones longer.

Fattening food satisfies you for a few minutes... Feeling good about yourself Lasts forever. Hang in there! You can get through today!!!

Best Ever Diet Tips and Diet Quotes for Motivation

Top Fiber Foods

Food	Fiber (g)	Calories
Wheat	14.5g	110
Black Beans	15.3g	110
Wheat	14.5g	110
Blackberries	8.0g	110
Whole wheat Spaghetti	8.7g	110
Peas	8.8g	100
Black Beans	8.5g	110
Chickpeas	8.2g	110
Wheat	8.0g	110
Black Beans	8.0g	110
Black Beans	8.0g	110

THE PROBLEM IS WE ARE NOT EATING FOOD ANYMORE. WE ARE EATING FOOD-LIKE PRODUCTS.

HOW TO STICK TO A DIET

The only person standing in your way is you.

Get The Fat #1 WEIGHT LOSS SHOW

"Do not let what you can not do interfere with what you CAN do."

com-mit-ment [kuh-mit-muh nt] noun 1. staying loyal to what you said you were going to do long after the mood you said it in has left.

EXERCISE

DIET MOTIVATION

THE SKINNY RULES

Reminder: FOOD IS FUEL. NOT THERAPY

LET YOUR DREAMS OUTGROW THE SHOES OF YOUR EXPECTATIONS.



Through difficulties to the stars!

Chapter 6: Our Choices That Determine Our Weight Loss Destiny

What you eat in PRIVATE eventually is what you wear in PUBLIC. EAT CLEAN, LOOK LEAN

SHE believed SHE could, SO SHE did.

EAT FOR THE BODY YOU WANT, NOT FOR THE BODY YOU HAVE

DON'T THINK ABOUT WHAT CAN HAPPEN IN A MONTH. DON'T THINK ABOUT WHAT CAN HAPPEN IN A YEAR. JUST FOCUS ON THE 24 HOURS IN FRONT OF YOU AND DO WHAT YOU CAN TO GET CLOSER TO WHERE YOU

ITS NOT A SHORT TERM DIET. ITS A LONG TERM LIFESTYLE CHANGE

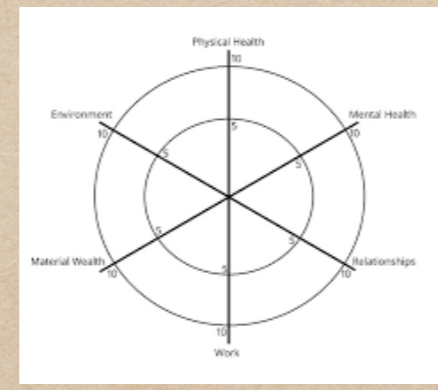
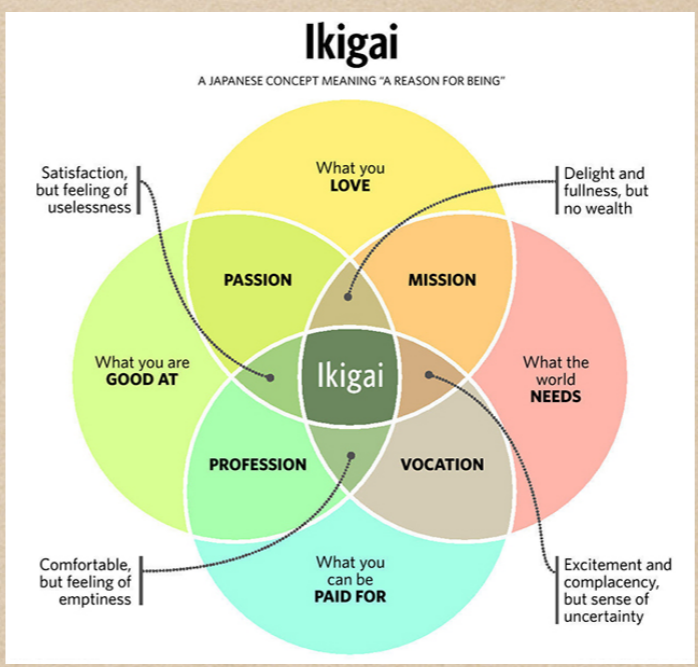
YOU SAID TOMORROW YESTERDAY

YOUR DIET IS NUMBER 1! YOU CAN LIVE IN THE GYM BUT IF YOU DON'T EAT CLEAN

It's time to eat healthy.



BALANCED LIFE
WORTH LIVING



breathe~

Contemplations on a Balanced and Intrinsically Motivated Life



Sustaining

Collapsing

What a Star!

No KID!

Star Chart

I'm a Star!

Super Star!

Name: Jack

Name: John

Name: Molly

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I will Brush my Teeth	★ ★ ★		★ ★				
I will Eat all my Food		★ ★					
I will Go to Bed on Time	★	★	★				
I will Brush my Hair	★ ★		★				
I will Finish my Homework			★ ★				
I will Finish my Reading	★	★ ★					
I will Be Good Today	★ ★		★				
I will Eat my vegetables		★ ★		★			
I will Do more exercise	★		★				
I will Pick up my school bag		★		★			

When I get 11 Stars I will get
a toy car

When I get 12 Stars I will get
an ice cream

When I get 13 Stars I will get
to go ice skating

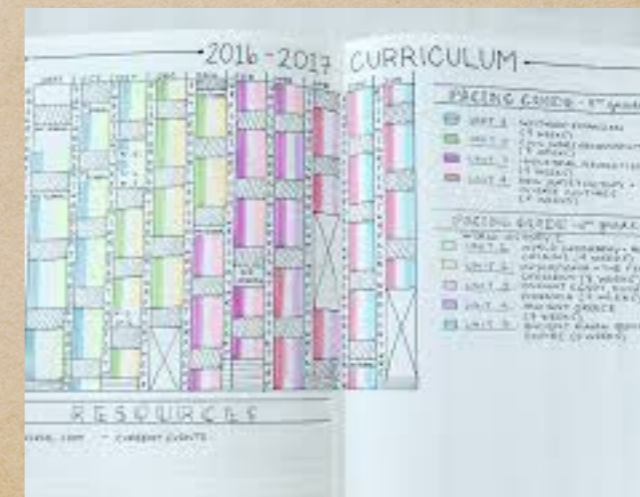
How can I be more playful in life?



How can I be more gameful in life?

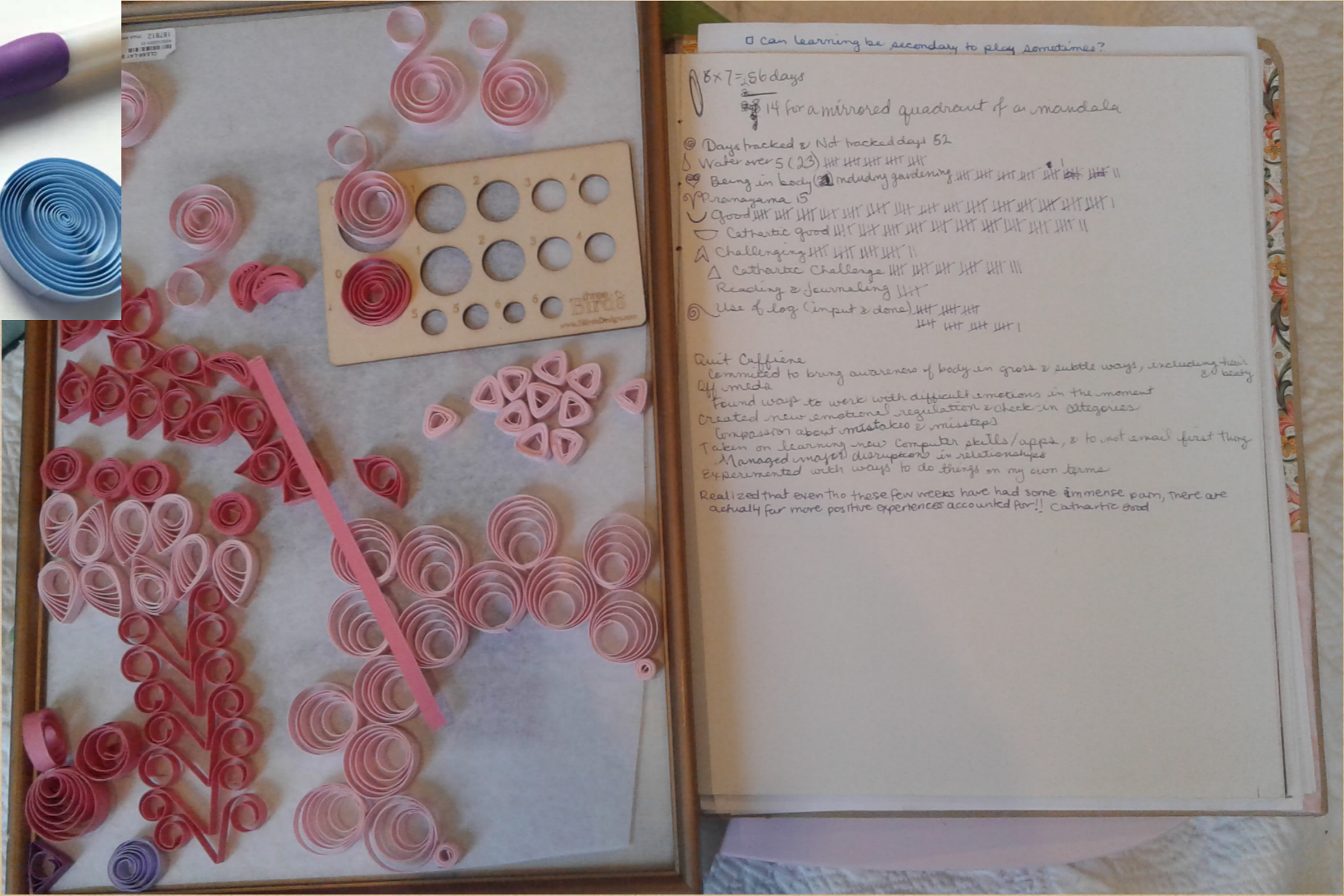
Game Essentials





Intrinsic reward: making art, aesthetic, meaning

Quilling or paper filigree



☐ Can learning be secondary to play sometimes?

8x7 = 56 days
14 for a mirrored quadrant of a mandala

- ◎ Days tracked & Not tracked days 52
- ↳ Water over 5 (23) ||||
- ♥ Being in body (2) including gardening ||||
- ◊ Pranayama 15
- ✓ Good ||||
- ▽ Cathartic good ||||
- △ Challenging ||||
- △ Cathartic Challenge ||||
- Reading & Journaling ||||
- ◎ Use of log (input & done) ||||

Quit Caffeine
Committed to bring awareness of body in gross & subtle ways, including their
off-meds
Found ways to work with difficult emotions in the moment
Created new emotional regulation & check-in categories
Compassion about mistakes & missteps
Taken on learning new computer skills/apps, & to not email first thing
Managed major disruptions in relationships
Experimented with ways to do things on my own terms
Realized that even tho these few weeks have had some immense pain, there are
actually far more positive experiences accounted for!! Cathartic good



Lisa Nilsson



I've been thinking of other angles to analyze, codify and create new quells from my week and month and perhaps seasons.



Current quilling samples

new ways to manage difficult emotions, quit caffeine,
learned new skills that previously overwhelmed me,
developed awareness of my body in gross and subtle ways
And brought this awareness into my yoga teaching and meditation,
Fell asleep faster and slept better,
increased my compassion for mistakes,
Gave myself high fives more often,
Increased my sense of awe and gratitude for simple things



Am I Balanced?

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