



## being breaks

Modern life is filled with pressure to produce and achieve—packed schedules, endless to-do lists, and constant striving. This push for “doing” leaves little space to simply be and savor the present moment. Taking “being breaks”—pausing in stillness to do nothing—lets the quiet reconnect us with the here and now, nurturing mental clarity, emotional awareness, and a deeper sense of calm.

- LEVEL 1** Take one 30-second being break at a natural transition.
- LEVEL 2** Take two 60-second being breaks at natural transitions.
- LEVEL 3** Take three 60-second being breaks at natural transitions.

A-01

AWARENESS



## the smile effect

Humans are wired for connection, and even tiny moments of warmth can ripple outward. A genuine smile—especially with eye contact—activates mirror neurons, releasing dopamine and endorphins that lift mood. These micro-moments of positivity are socially contagious, easing stress and strengthening our sense of belonging.

- LEVEL 1** While getting ready, smile at yourself in the mirror for 5 seconds—notice how it makes you feel.
- LEVEL 2** Smile with eye contact at 3 people—notice if your positivity spreads.
- LEVEL 3** Smile and say “hello” to 3 people—share a quick exchange with one.

C-01

CONNECTION



## tuning in

The mind constantly layers stories, opinions, and judgments onto real-time experience, acting as a built-in safety filter. Noticing this mental narration reveals unconscious bias and patterns, bringing awareness to the interpretations shaping our reality. Tuning in to these inner stories during everyday moments trains the brain toward curiosity, flexibility, and deeper insight.

- LEVEL 1** Watch a 60-second news clip and mentally sort fact vs. opinion.
- LEVEL 2** Ask someone about their day—listen without speaking and notice your reactions and judgments.
- LEVEL 3** Record a 60-second voice memo telling a story from your day—then listen back for your interpretations.

I-01

INSIGHT



## joy scout

Joy is a light, energizing emotion sparked by tiny, meaningful moments—like sunlight, music, laughter, or animals. Intentionally spotting these tiny delights trains the brain to savor positive experiences, easing tension, lifting mood, and building resilience. Pausing to feel and reflect on the meaning of these micro-joys fuels a deeper sense of purpose.

- LEVEL 1** Scout and name a micro-joy out loud—option to snap a photo and share.
- LEVEL 2** Spend 2 minutes before bed recalling 3 joys and reflecting on their meaning.
- LEVEL 3** Spend 10 minutes joy-scouting in a favorite spot, pausing for 10 seconds to savor each tiny delight.

P-01

PURPOSE