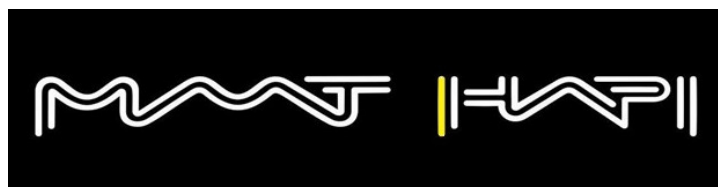


Your daily fun builder

The inner communication controller

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What does inner communication mean in this context?

Simple. Under inner communication I mean every step our mind takes. Whatever our mind asks, focuses on, produces and feels is communication built by us. Still simple?

We want to build fun, right? That's why we are here. Looking at our (re)actions we will see what skills we have.

- Questions – the thought controller

1. Start setting questions as a key tool for building fun

There are 2 options. You can either ask yourself disempowering questions or empowering questions. Guess what, the second type lead us towards great pleasurable feelings.

Let's ask:

- How can I solve this task?
- What is good about this situation?
- What can I learn from this?
- What brings me joy in this case?

These questions are meant to be easy and are great for the start. When you get used to these you can easily go further, making up your own.

Story practice

Imagine you work in the office and it is 15 min till the end of a working day. You get a new task that should be solved by next morning.

- How do you feel the second you get this fresh task?
- Would you like to change that feeling and why?
- Make 3 questions that will lead you towards better feelings.
 - 1.
 - 2.
 - 3.
- Think of 1 question that will help you build fun in this situation. A smile is the result 😊
 - 1.



2. Instead of choosing empowering questions you choose the opposite. Let's taste it.

- Make 1 question that will make you crazy only 15 minutes before a working day ends.
 - 1.
- Start asking yourself: 'Why me?', 'Why does this always happen to me?'

Did you get the point? How do you feel? ... Are you still here? ☺

3. Let's build better questions

When you get used to asking simple questions, you get the ambition to ask something more powerful, don't you?

This will help you to build even more powerful and instantly pleasurable feelings.

- How can I solve this task as soon as possible and have fun?
- Who can help me to complete this task in 15 minutes and is good at this so that I can even learn from this guy?
- What can I learn from this 'last minute' task so that it helps me bring more joy in my life?
- Make 3 questions that will instantly make you feel great and show that you can learn something important from the task you first counted as a 'they want to make fun of me' task.
 - 1.
 - 2.
 - 3.

4. Automatic answers

We can set a question before something happens or after that. In the second option we already get through the situation and we already sense our feelings.



Often we sense them automatically without asking any questions. That happens in case of habits. Someday in the past we got through a similar situation and we learned this reaction. That's the experience. Next time we just jump over the first step and go directly to the pattern.

When the habit realized we need to ask ourselves after the event happens. If this is a so called bad habit we want to transform it. However this is not the case here.

Let's take a look at what can help with automatic answers.

Story practice

You drive on your side of the road and suddenly you notice a driver going towards you. Nothing happens. But your reactions are ... How would you feel?

- What was the experience from the past that brought you such automatic response?
- What is the response you would like to have in a similar situation?
- Relax yourself by asking 1 great question that makes you curious about that driver.

1.

- Focus – the thought driver

We can focus on a variety of things which leads us to the final result – feeling. We control our focus by setting questions, good, better or weak ones. While we are in the process of focusing we've got the time to change our thought drive. Remember we are the drivers.

1. Change the way

Story practice



Imagine you are at a party and you focus on a group of people fighting in a corner. You start feeling bad... but you still have the option to focus on the other group of people having fun near the swimming pool.

1. Imagine your feelings in the moment while watching fight club and in the moment while watching the group besides the pool. How do you feel?
2. Now make a 3-minute focus on the first group.
3. Change the focus. Focus for 3 minutes on the second group.
4. Quickly change your focus for 3 times from group one to group two and back.

An extra task – let's make a connection between the first 2 steps (questions & focus)

1. What can you learn from changing your focus?
Have you noticed that you are able to change focus and consequently change how you feel? This is also known as the 'personal power' – the ability to act.
2. Today try to observe one situation on which you can practice changing your focus. This will help you to understand your personal power or your personal mind control.



Thought cycles inside the mind

