



Review and Refine 3

Revisit Your Be THERE Now Declaration

Yes, we begin again by checking in with your vision for your destination. Visit that destination in the real time of your imagination frequently. Tune in to your sensations, thoughts, feelings, and actions as you're present THERE. Revise your declaration as you become more aware of the details of your THERE.

Self-Check

Yep, another quiz, another self-knowledge check. It's all good because it's all about you and for your benefit. Now, there will be questions from the earlier sections of this book. Not a fan of those cumulative tests? Maybe you'll come to like these. After all, learning about yourself is cumulative and ongoing. Use and remember your knowledge or lose it—and perhaps face the lesson again.

Choose the best response. You'll find the answers at the very end of this section.

1. Sesamoid bones in the lower extremity are located at/in the:
 - a. Acetabulum
 - b. Extensor tendons of the hallux
 - c. Flexor tendons of the great toe
 - d. Proximal tibiofibular joint

2. The bones of the midfoot:
 - a. Are the metatarsals 1-5
 - b. Have joints that can spread apart/abduct and pull together/adduct
 - c. Glide small amounts relative to each other
 - d. Include the talus and calcaneus

3. The recommended alignment for the lower extremity is a plane formed by the:
 - a. Ischial tuberosity, patella, and great toe
 - b. Middle of the groin, middle of the kneecap, tip of the shoe
 - c. Hip joint center, knee joint center, second toe
 - d. Both b and c

4. True or False: There are as many bones (phalanges) in the 5th toe as there are in the 1st toe.

5. The combined movements when the ankle turns inward and the foot arches more are:
- a. Eversion-pronation
 - b. Eversion-supination
 - c. Inversion-pronation
 - d. Inversion-supination
6. Key points for learning include:
- a. Paying attention matters
 - b. Moving attention around matters
 - c. Repeating actions in different contexts and under different conditions matter
 - d. All of the above
7. The vagus nerve or nerve complex:
- a. Has fibers around the gut
 - b. Has fibers around the heart
 - c. Is part of the parasympathetic nervous system
 - d. All of the above

8. The sympathetic nervous system adjusts our function so we can:

- a. Be calm and restore
- b. Fight
- c. Flee or freeze
- d. Both b and c

Top Three Insights

Reflect on this chapter rooted in understanding more about your lower extremities. I suspect there were more important lessons than knowing you have two sesamoid bones under each of your hallucis (that's the fancy plural of hallux, the big toe). What are you learning so far about yourself and the process of relieving your pain and finding alternative, more pleasurable ways to move through your life? Take good notes about your top three insights or take-aways.

1

2

3

Self-Observation

If you live in a city, you've probably spent a lot of time pounding the pavement. There's two parts to that, by the way. It might be hard to avoid the pavement, but there are ways to walk without pounding. If you live in the country or near outdoor recreational areas, you likely walk on varying terrain. Now, think about it. What other aspects of your current surroundings and environment are influencing how you organize and use your lower extremities? What do you want to embody? What choices do you have?

Ponder these questions and others that pop up for you during the next week or so. Keep an eye on (in other words, be aware of) what's pushing on your pain and what's pulling you into ease.

Here's one more reminder of how we're grouping the different pains into categories.

D = daily activities pain

F = financial pain

R = relationship pain

S = sports, leisure activities and recreation pain

W = work, business, and school pain

and-tell test for each of the awareness explorations you've done so far? How much time can you dedicate to your self-study? That may depend (doesn't everything?) on the day of the week, what other events you have planned, and so on. Which awareness explorations would most serve you well at this time? That's not necessarily what's easiest or most fun, although I do want you to have more ease and enjoyment. What you choose to do here and now influences how ease and joy evolve and expand in your life.

So, please take a few moments to clarify your self-study intentions. And remember, there's always more to notice and understand about yourself each time you attentively do these awareness explorations. These activities fit so well with Bernstein's recommendation for learning: repetition without repetition.

Here's your reminder of the six elements you need to create this week's plan.

- **Frequency:** decide and mark which day or days of the week you will practice one or more activity. Commit to at least one activity on most days, if not every day. Make it work for you. I've left the frequency days blank for you to label, so you can start your plan with any day of the week as your day 1.
- **Mode:** select the activity you will practice on each day you selected.
- **Intensity:** choose how many repetitions of an activity you plan to do. Think of this as **how many times a day**, not the number you will do in each practice session.

- **Duration:** set the approximate amount of time you want to allow yourself to do each repetition (intensity). I suggest up to two minutes, about five minutes, and around ten minutes.
- **When:** identify the time(s) of day or situation(s) you plan to practice each activity.
- **Where:** pick the location(s) for your practice session. This could simply be home, work, commute, play.

This is the latest list of modes.

Number	Awareness Exploration	My Abbreviation	Your Abbreviation
1	Get Your Bearings	GYB	
2	Breathe and Notice Variation 1: Scan Your Breathing Variation 2: Breathe and Know	B&N V1S B&N V2K	
3	First Impressions	FI	
4	Connect With Your Core	CWYC	
5	Core Moves, Arms Move	CMAM	
6	Move Your Extremities Without Moving (From) Your Extremities	MYE	
7	Stir the (Hip) Pot	SHP	
8	Frog Legs	FL	

Set your implementation plan for the next seven days.

Frequency	Mode	Intensity	Duration	When	Where

Ready to work your plan? Of course, you are! Remember why you're doing this by regularly reading or watching your *Be THERE Now Declaration*. Now, just do it! Date and sign on the I COMMIT line.

FOR THE NEXT SEVEN DAYS, I COMMIT to the process of shifting my pain paradigm and taking the daily small steps that relieve my pain and move me from
HERE to THERE.

Date

Signature

With every step you take, you're covering new ground and weeding out what no longer serves you well. You're clearing the way for easier, joyful, and nourishing ways of being to flow into your life. Whether they've been forgotten or seem brand new, you're smoothing out the path for these new patterns to take root and grow. Reach your arms up and give yourself a well-deserved, "Yay, me!" Before you explore more about those arms, use them to decorate your stars.



Self-Check Answers

1. c, 2. c, 3. c, 4. False, 5. d, 6. d, 7. d, 8. d