



Review and Refine 5

Revisit Your Be THERE Now Declaration

You're almost THERE! Through the easy days and the tough times, with every step, so much has changed within you—the quality, clarity, and content of your sensations, thoughts, feelings, and actions. Really pay attention as you go THERE now in your imagination. Make any clarifications you need to more accurately state your declaration.

And enjoy the visit!

Self-Check

This is quite the body of knowledge you've been exploring, uncovering, recovering, and discovering. You've been Piling it Higher and Deeper along your way to earning your PhD in individual studies of you.

I bet you've put yourself through some pretty tough curricula, or you wouldn't be here. The same is true for me. I did both the traditional PhD and, just like you, plenty of self-imposed hard knocks curricula. Congratulations to us both

for meeting up here! I'll spare you the experience of traditional comprehensive qualifying exams. Here's your last quiz.

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

1. From a stable yet adaptable position of balance, or potent state, you can:
 - a. Initiate movement in any direction with the same ease
 - b. Move with minimal effort and maximal efficiency
 - c. Start any movement without needing to do a preliminary adjustment
 - d. All of the above

2. In standing, the placement of the feet with one foot a step in front of the other is known as:
 - a. Narrow stance
 - b. Stride stance
 - c. Tandem stance
 - d. Wide stance

3. The ability to keep your eyes and head in the middle and look forward while the rest of your body rotates left and right is beneficial for easy and effective:
 - a. Carioca

- b. Grapevines
 - c. Walking
 - d. All of the above
4. True or False: The World Health Organization defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
5. 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
6. Which statement is TRUE?
- a. There are more carpals than tarsals
 - b. There are more metacarpals than metatarsals
 - c. There are more phalanges in the hand than in the foot
 - d. None of the above
7. 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
8. The structure on the lateral side is the:
- a. Anatomical snuffbox
 - b. Distal ulna
 - c. Pisiform
 - d. Third metacarpal
9. The parasympathetic nervous system adjusts our function so we can:
- a. Be calm and restore
 - b. Fight
 - c. Flee or freeze
 - d. Both b and c
10. Key skills that support learning to ease pain and improve performance include:
- a. Becoming more flexible and adaptable
 - b. Improving the use of attention
 - c. Refining inner and outer awareness
 - d. All of the above

Top Three Insights

You really elevated your game with these latest awareness explorations. You most likely have lots of experience with standing on your own two feet and all that comes with that orientation to the world. Now, you deliberately practiced different options for shifting your weight around without knocking yourself off balance. You broadened your horizon by attentively moving to the beat of your own drum in easy and challenging ways. How's the view from up here now? What came into focus for you about how you meet challenges, and how you could go with the flow and stay on your feet? You've been through a lot and, yes, you're still standing. What are your most notable insights?

1

2

3

Self-Observation

Typically, it takes a while to develop our preferred ways of being. We have our distinct pathways to achieve successful outcomes. Even though most humans share many motor skills—like reaching, jumping, and walking—we have distinctive signatures. We can recognize a friend across a large room by their

walk. These actions seem so natural, so familiar. We tend not to notice what we're doing until things aren't going so well or pain begs us to pay attention.

Pay attention to your preferences related to standing, walking and other upright activities during the next few days. Remember the alternatives you've been exploring. Could any of these options—unfamiliar and seemingly uncomfortable—actually serve you better? Could they help you be more secure, feel more potent, and widen your vision of what is possible for you? Consider how the lessons from these explorations interact with other areas of your life. You're learning that everything is connected, in ways known and unknown. And still, you might be pleasantly surprised once more how a small change over here leads to a big change over there. Be aware of what shows up in one or more of the different pain categories.

D = daily activities pain

F = financial pain

R = relationship pain

S = sports, leisure activities and recreation pain

W = work, business, and school pain

Are you improving how quickly you notice when something is off-balance? Are you getting better at using your awareness, exploring your options, staying

Use these six elements to make 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 complete list of mode options.

Number	My Abbreviation	Your Abbreviation	Awareness Exploration
1	GYB		Get Your Bearings
2	B&N		Breathe and Notice
3	FI		First Impressions
4	CWYC		Connect With Your Core
5	CMAM		Core Moves, Arms Move
6	MYE		Move Your Extremities Without Moving (From) Your Extremities
7	SHP		Stir the (Hip) Pot
8	FL		Frog Legs
9	ST		Shoulder Time
10	WRR		Wring, Roll, Reach
11	SS		Shifting Stances
12	EYH		Expanding Your Horizon

Prepare the practice plan that will work best for you for the next seven days.

Frequency	Mode	Intensity	Duration	When	Where

You are Piling your lessons and experiences Higher and Deeper! And remind yourself why you're doing this by regularly reading or watching your *Be THERE Now Declaration*. 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

You've been checking in with your progress all along as you've done the work that brought you to this point. In the next chapter, you'll do another holistic self-assessment similar to when you started this process. Before you review your answers to that last quiz, celebrate your dedication and commitment to and love for yourself by beautifying your five stars!



Self-Check Answers

1. d, 2. b, 3. d, 4. True, 5. c, 6. a, 7.d, 8. a, 9. a, 10. d