

# 5-3-2

This activity is all about interacting with your world and the people in it in more intentional ways. From the moment you wake up, to the first thoughts you have during an interaction, to how you present yourself when you return back to your place of residence—how are you going to become more **intentional**?

## 5 People

**Waking up in a more grateful state of mind.**



### STEP 01



#### FIRST PERSON

Think of all the joyful moments you have shared with them.

#### SECOND PERSON

Imagine the person standing in front of you.

#### THIRD PERSON

Think of the very first memory you shared with them.

#### FOURTH PERSON

Imagine this person is very happy and filled with joy.

#### FIFTH PERSON

Imagine this person at 8 years old. Appreciate the childlike joy that may still be present in them.

**Send these people silent thoughts of gratitude.**

## 3 Minutes

**SPEND AT LEAST 3 MINUTES**



**Being present in your conversations.**

Be truly and genuinely interested in what your friend is saying. Be mindful of distractions in your environment.



### STEP 02



Before you return home from your time away, clear your phone and mind of external distractions that may pull you away from your interactions with others. Allow yourself to enter into a conversation attentively and with your whole self.

## 2 Seconds

**Changing the way in which you engage with the world.**

It takes our brains 30 milliseconds to determine whether or not someone is going to be a trustworthy ally. Give yourself the opportunity to override your psychological inclination and simply think, "I wish you well."

**If you are feeling particularly frustrated with yourself, look in the mirror and send yourself positive wishes.**



### STEP 03



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\*Adapted from: Sood, A. (2015). Happy Brain: How to Overcome Our Neural Predispositions to Suffering. TedX.