

SALLY SEIFFER

a better way



using inner resources
to create your
own algorithm

SALLY SEIFFER

abetterway

Using Inner Resources to Create Your Own Algorithm



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First edition

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Dedicated to abetterway.

June 3, 2020 viral video. Three generations. Same fight.

“What you see right now is going to happen ten years from now. You’re going to be right here too. So what I need you to do right now at sixteen is come up with a better way. How we doing it, it ain’t working. You can come up with a better way because we ain’t doing it.” – Curtis Hayes Jr

Liberty and Justice for all.

External world. Human collective. Humanity. Contribution.

#abetterway

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Foreword

‘now THIS is me...’, she says quietly to herself.

I turned fifty this year. On several occasions prior to my birthday, I was overwhelmed with emotion. The emotion was pride. I was proud of myself.

Early in the last decade of my ‘more intentional’ approach to creating different personal outcomes, I reflected on a suggestion that one knows early in life what one desires to ‘become’. My analysis dissected my early interests to *teaching* (based on my preferred imaginary play as a child), and *inspirational speaker* (based on my earliest memories of what captured my interest and attention – the ‘whole’ of me).

Actually, it was much earlier in life when I narrowed down my desire to be an *inspirational speaker*. The problem I was up against was that I had no great story. I didn’t feel all that interesting. No tragedy. No major adverse life experience to overcome.

I had a thought this past year that I am kind of interesting...now.

I have lived and continue to live a single life. It just happened this way. I live in an apartment above a house in Denver. I get

up at 2am during a workweek. I enjoy quiet time.

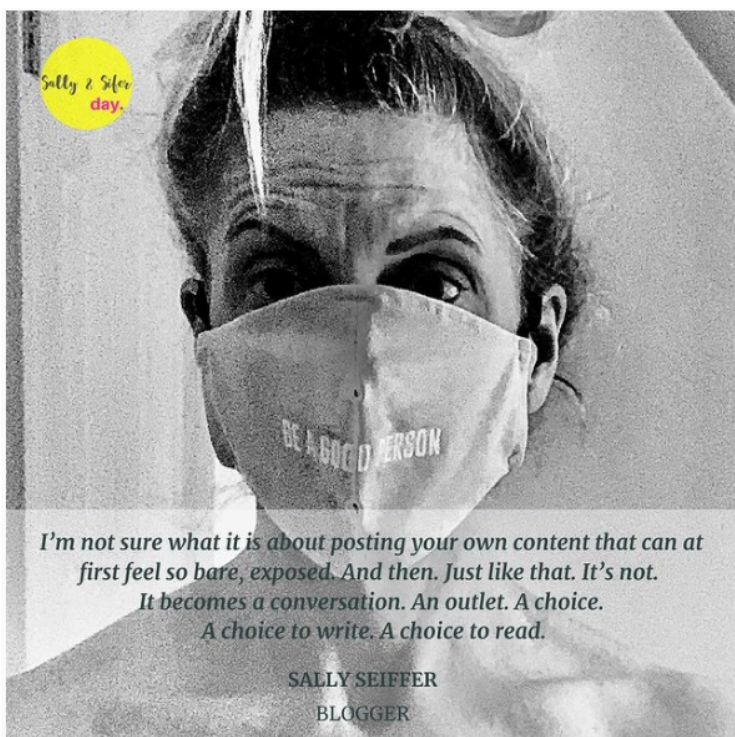
Quiet time grew my greatest discovery in the most functional and satisfying relationship I have found. The relationship I have with myself.

I think the thing that makes me most unique is that I am happy. I hacked my way to figuring out how to tap in to good vibes and sustain it regardless of external conditions. I hacked the uncondition. I continue to grow, and recognize that growth is the consistent variable. Unexpected challenges, unplanned events, and uncomfortable situations are a constant in an evolving human experience.

I tipped the emotional scale and have experienced momentum in my discovery. I share what I think I know.

I love authentic connection. It seems that a desire to live an authentic expression will attract authentic experiences. Authentic content sharing can inspire its own algorithm.

Algorithms are powerful as they gain momentum.



I'm not sure what it is about posting your own content that can at first feel so bare, exposed. And then. Just like that. It's not. It becomes a conversation. An outlet. A choice. A choice to write. A choice to read.

SALLY SEIFFER
BLOGGER

January 6, 2021 @sallysifer #instaquote

Preface

Hemet, California

At some point during the 2002-03 school year, a co-worker took me to look at some new builds during lunch. As far as I can recall, I was just along for the ride. I was 31 y/o. I had the maturity of someone at least ten years younger, and that's generous. I liked the small, simple, three bedroom ranch homes that were being built in a cul de sac at the end of a street with several sprawling established homes sitting on the edge of a cliff overlooking a riverbed that bled down from the San Jacinto mountain range and ran through, what I assume was, the indigenous land of the Soboba Indian community.

I wrote a \$100 check to buy a \$172,000 home. In the fall of 2006, that purchase afforded me \$72,000 to give to the University of Denver. I gave them all of that plus an additional \$40,000 loan for two years living expenses. The result was a Master in Social Work in 2007.

One thing I did not receive from the \$60,000 price of tuition, was a mention of Executive Functions.

I suppose I could be wrong.

To my best guess, I first heard of Executive Functions in the 08-09 school year. The school psychologist often used the term in student meetings for learning plans.

I would just nod my head as if I knew what they were.

I did that for almost ten years until I once again hit the deadend of Avoidance Lane.

I learned early how to avoid the discomfort of school work by using my personality to exaggerate truths to extend deadlines or lower expectations. I also was not above paying others to do things I didn't want to do.

If you have read the book Atomic Habits by James Clear (I am listening to it on Audible and maybe 90 minutes in. I originally heard of the book via Brene Brown – Dare to Lead podcast), I created my own atomic habit. Once schoolwork became hard, confusing, or just not interesting, I spent my energy figuring out how to avoid what I didn't want to do.

My atomic habit got me through a four year college program in six years.

The habits were a misuse of my inner resources called Executive Functions.

Chapter One will say more about the role Executive Functions play, and describe the inspired journey toward the 2021 blog year.

Visit Sally's blog at sallyseifferco.blog.

1

Initiate

initiate.

January 9, 2021



I have had an idea ruminating over the last few years. I have lots

of ideas. So do you.

In my day-to-day job as a school social worker, the role I fill in a school setting was never my intention. 'Social Work School' was a means to an end. I originally intended to get a Master degree in Marriage and Family Therapy (MFT).

I'll add a little context.

I began my teaching career in Illinois. I suppose I began it in Vista, California. If anyone from that original job were to ever share stories of my site-sub-sally days at RBV, I would probably have to shut this whole operation down.

I attended undergraduate school...for six years...full time...in Illinois. I grew up in Illinois. In the exaggerated ignorance of my 'youth', I assumed a school was a school, and a school district was a school district. Not true.

In Illinois, from my perspective and understanding, teachers were on a trajectory to receive a master degree from the start. The additional schooling resulted in additional pay. I don't think this is NOT true in other states. What was available in the four-highschool-district in the Chicago suburb I worked in, was not what I witnessed in Southern California and the greater Denver area. The salary level and additional pay available with master level education in the Illinois school district I worked in was significant.

My point is that I assumed 'everyone' (teachers) got a Master degree. Illinois was my original reference point, and where my

belief began that it wasn't IF I'd get a master degree, it was when (and where...and what in...).

In California, I taught Behavioral Health. At the time, Behavioral Health class was a collection of state mandates. I loved teaching Behavioral Health. I also loved that students stayed after class to talk, or would show up during lunch and passing periods. The students were living experiences in real time that, in ninth grade health, were being presented as 'preventative' measures. Way too late to prevent anything.

I decided that if I got a master degree in Marriage and Family Therapy, I would be a much better teacher AND I could do private practice after school instead of coaching. The students that came in during the off hours shared things that I had to report to the counseling office as a mandated reporter. Even though I knew it was not my job to 'help' them, I wondered how I would 'help' them if it was my job. I had no clue.

Massive equity in the house I owned during the California housing boom was enough to pay for a significant portion of graduate school. It seemed scary to sell, stop working, and attend school full time. My brother lived in Colorado. I could move and attend school full time. My original thought was CSU, I had always loved Fort Collins. Not happening. It was next to impossible to get into the graduate program in a state school. It was going to have to be a private university. University of Denver just completed a new building to house the graduate school of social work. GSSW did not need prerequisites. It needed the private tuition cost.

In Colorado, Marriage and Family Therapy looked different than in California. In Colorado, the Denver Family Institute was integrated into the GSSW clinical track. To receive an MFT in Colorado required a master in social work (MSW) and a certificate in the DFI program. I got the master. I didn't have enough equity in the home to continue what it would cost to complete the program. Halfway into the third year I was done.

The original plan was to continue teaching health and develop a private practice for after school hours. Since this plan was developed in the context of California, I didn't have a plan for Colorado. The only job setting familiar to me was high school. I was stunned by the salary structure compared to Illinois and California. I completed my CO licensing for school social work. I needed a job.

Be careful what you wish for.

In 1999, the school shootings in Littleton, Colorado disrupted my sense of 'school' reality to a level of obsession. I was in Illinois. I wrote an article for the school paper, *Everyone Matters*. I knew there was more to the story of Dylan and Eric. There had to be a way to prevent the end result.

In August 2017, I sat in the Columbine high school library to attend the Welcome Back message from the Special Education area director in Jeffco. At this time, I was a full-time mental health provider in a Jeffco elementary school.

Always Something More.

As a school social worker, I have adjusted to the role of a service provider for students who require direct services in social and emotional skill building to support their access to learning and to level the playing field.

I have also adjusted to the role of an evaluator. I evaluate children to see if they qualify for specialized social-emotional services in a school setting.

In this role of a mental health provider, I evaluate for concerns in the areas of emotion, behavior, attention, and social differences (intensities and peculiarities that disrupt access to learning). The students exhibiting symptoms may have any level of cognitive aptitude, or general intelligence.

Because the clinical role was never my pursuit, nor my education and training, it has been a long suffering effort to educate myself in clinical screeners and evaluative processes for students with emotional, behavioral, social, attention, and sensory concerns. I have educated myself through a variety of resources to understand what it means for a child to require additional services. As with everything, experience has been the greatest teacher.

My role can be misleading as it can present itself to be in opposition of my core belief that all humans are born with skills, talents, and abilities to thrive and be exactly who they are here to be. No one is missing anything.

Back to the ruminating idea:

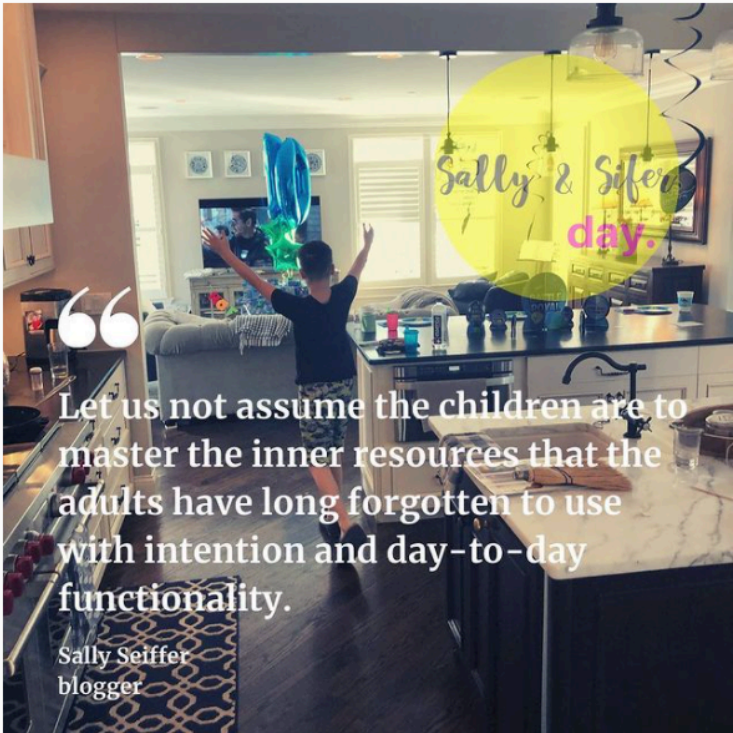
To share the tools I use to assess and intervene on behalf of the

children, as self-care strategies for adults.

For the 2021 blog year, I am beginning with the most valuable inner resource: our executive functions. The first nine months will explore nine executive functions: initiate, working memory, plan, self monitor, organize, shift, emotional control, inhibit, monitor/read-the-room. The last three months will look at the functions of our behaviors and how to reinforce replacement behaviors.

January: Initiation. What does it mean to Get Started. What does it mean to move toward discomfort.

Let us not assume the children are to master the inner resources that the adults have long forgotten to use with intention and day-to-day functionality.



January 14, 2021 @sallysifer #instaquote

discomfort.

January 16, 2021



Have you ever taken a picture and posted it to social media to share with others? If so, you are a content creator.

Have you ever noticed your thoughts and intentionally chose thoughts that support what feels right to you – what you genuinely feel resonates as truth for you? You led your thinking. You are a thought leader.

Have you ever encouraged someone from an authentic space of possibility and belief in the other's power to heal, or to achieve the desires of their heart? You influenced them. You are an influencer.

Have you ever used your words to tell a story and paint a picture for the mind of new outcomes for yourself and/or others? You are a visionary.

You are a contributor.

You are a change agent.

You are AllTheThings as the trendy saying goes.

A shared humanity looks outward and notices ‘the things’ and says, ‘like you, I too am fill-in-the-blank’.

I love access to digital technology.

As I write, I can search any question I have about spelling, synonyms, references, origins; as well as anything I want to confirm, deny, or investigate a bit more as I organize my content.

This week I keep thinking of the saying: how do you eat an elephant? one step at a time.

I wanted to reference it as a Chinese Proverb, but I wasn’t sure why I assumed this was its origin. I searched. Here are a few references I found:

- a ‘joke’ (‘there’s an old joke about eating an elephant...’)
- ‘Desmund Tutu once said...how do you eat...’
- ‘The saying goes back to an army general...’
- ‘just eat the damn elephant...’

Big ideas are interesting and can become overwhelming. Slowing down and being curious allows one to move toward the big idea, or new way of thinking, one step at a time. I often say in my mind “just chip away at it Sally...all you ever have to do is

the next thing.’

The executive functioning skill, to initiate, simply means to move in the direction of the elephant.

Self-awareness is the gateway to accessing our executive functions. One has to be aware of the elephant to begin the next step. To be able to orient to life through the lens of self-awareness, is to notice our state and choose tools, skills, and strategies that support a regulated state. A regulated state is a state of equilibrium, or balance.

The elephant represents a situation, circumstance, or event that presents itself as a potential danger, threat, or unexpected challenge. The reason I say unexpected challenge is because anything that is ‘unexpected’ will present, at the very least, some level of challenge because it was not planned, it wasn’t ‘on the schedule’.

Unexpected events, challenges, circumstances create discomfort.

Discomfort activates the nervous system.

Our intelligent nervous system is coded for equilibrium, a balanced state. This balanced state is wellbeing. Focusing from this balanced state allows us to live from a space of what is possible. Discomfort gets our attention. The attention creates focus. This process leads to growth.

When we notice how we are responding to discomfort, we can

choose to intervene by soothing the response. When we do this we support the skill of initiation by moving toward the discomfort.

Intentionally bringing awareness to breath and slowing it down, using supportive and encouraging self talk, stretching/loosening/softening the body's response by using movement to allow energy to flow; are just a few strategies that support our innate ability to regulate (control, lead) the energy in our body. Just like we would notice the temperature of our body and make choices to regulate our comfort level.

Does reading the word discomfort make you feel...discomfort? Does reading the word discomfort in a self-care blog make you feel...vulnerable? As if you are going to be asked to move toward something you would prefer to ignore.

There is an unwritten privacy clause to those of you who engage in my content. The privacy clause is that it is your own private journey. No one needs to know anything about your curiosity to be more kind and gentle toward your own self. It's interesting this idea may be considered selfish. Keep the practice as a quiet inquiry until the momentum of it grows its own 'legs'.

When bumped, thoughts and feelings spill out. It feels so good to tell a story on the inside that is so powerful, so clean, so inclusive, so loving, so GOOD, that it doesn't need to be bumped to 'spill out' — it naturally overflows into your day-to-day experience toward yourself, and then into the lives of those with whom you interact.



January 20, 2021 @sallysifer #instaquote

resistance.

January 23, 2021



A skill is a skill is a skill.

True or False?

Now what?

Dribbling is a basketball skill. Dribbling alone is an activity and may be considered enjoyable, rhythmic, a personal choice or preference. Dribbling as part of something more; a team, a game, a challenge...the application of this skill is a whole different experience leading to growth and greater contribution to a whole.

The skill of initiation, to initiate, is the art (?) of getting started. I can initiate a blog post by opening up my computer and then opening a new google doc. I have initiated the task. Now what? I can initiate doing laundry by putting a load of clothes into the washer. I began. I got started. I initiated a task. I am moving in the direction of an outcome. Now what?

Oh life. Why can you not just be linear. Why oh why must you be so complex?

I actually would say it the other way around: Oh life. Why can you not just be complex. Why oh why must you be so linear?

Right brain. Left brain. Feminine. Masculine. East. West. Earth. Space.

I am not so sure of the earth/space. Sounds good. Physical/Nonphysical is what I am going for. Visible/Invisible. Everything/Nothing.

(stop emoji)

Each individual has their own preferences and tendencies. Yet we all resonate with one energy source. I call the energy source wellbeing. The great state of balance. Not too much. Not too little. Equilibrium. Homeostasis.

Since I am in the business of creating skills, tools, and strategies to bring awareness (identify) this calibrated state of 'okay'ness; I would like to share an example of how understanding what something is NOT, can support understanding the complexity of what something is.

When one chooses to move toward discomfort, they have initiated and therefore taken the first step toward accessing the inner resources, or executive functioning skillsets, that support problem solving.

Reacting to the sensation of discomfort is resisting it. Resisting discomfort closes down the flow of energy to the whole brain and can signal the stress response. Reacting to discomfort can become a pattern of a habitual story that supports some level of fight (pushing against, pointing a finger at the problem), flight (denying the problem, refusing to acknowledge the discomfort), freeze (deactivating, ghosting, avoiding the discomfort), faint (fading, illbeing/discomfort is the way, wellbeing is a myth).

The #1 social-emotional skillset: self awareness. Or maybe even awareness. Awareness of cycles and patterns that resonate with a sensation of being stuck or spinning in a version of the same outcome. Awareness is noticing the dysfunctional pattern (thinking, storytelling). Self-care is caring about yourself enough to disrupt the limiting cycle and begin to tell a story that resonates with growth and possibility. Wellbeing.

Recognize Resistance.

Resistance is not an enemy, nor is it a friend. If it had to be one or the other it would be more of a friend. However, since we can choose our friends, most of us are not self actualized enough to intentionally choose friends who constantly challenge us to examine our thinking, feeling, and behavior patterns. Resistance is not against us, although it ironically shows up when we push against growth. A growing pain I suppose.

Resistance is an indicator that one is feeling discomfort or reluctance moving toward a task, a different or new way of thinking, a difficult or uncomfortable conversation, or a relationship challenge; to name a few general examples. Students

in school settings (and perhaps home too...which I suppose is currently a school setting) can demonstrate resistance to writing. People demonstrate resistance to unexpected requests for their time. One can be resistant to getting out of bed, responding to demands, sharing an opinion, entertaining an opinion; the list goes on.

Resistance is Resistance is Resistance. And then what?

Self-awareness allows us the experience of noticing resistance. When we are not aware of resistance it can feel like this repetitive annoyance that never goes away. It can feel as if life and its inconveniences are continually happening TO me. The story I tell about unexamined resistance can be one where conditions are in charge of me. This can create an experience of a life where I am powerless to conditions, or I must use my power to control conditions. Self-awareness allows one to be the noticer and recognize the choice to move toward the condition. It feels empowering to recognize the ability to choose and move toward discomfort as a problem solving human.

A cell has a job to remain intact, balanced, and fluid.

The reptilian brain stem will protect me when I need it to.

The limbic system manages my feelings and memories.

The ape brain helps me maximize that which can function as rote, or mimicked, behavior.

Me. Human. I can problem solve and access all of me in an

integrated state of wellbeing.

Awareness is noticing the
dysfunctional pattern.
Self-Care is caring about yourself
enough to disrupt the limiting cycle
and begin to tell a story that resonates
with growth and possibility.
Wellbeing.



SALLY SEIFFER
BLOGGER

January 29, 2021 @sallysifer #instaquote

why.

January 31, 2021



Today is the last day of January 2021.

Nice job. You did it.

✓ it's done.

Now what?

I blog on Saturday mornings. I enjoy it. Yesterday morning I was fatigued. I often observe myself as if I am sitting in the stands watching my life unfold. Since returning to work in January, I have watched the momentum of *too much* play out. On Thursday, I locked my keys in the car. Noticing the indicators (forgetting things, losing keys, throwing away what I meant to save and saving what I meant to throw away, messes appearing from seemingly-only-just-previously clean space, waking up in intensified energy of something I experienced during the day only to be magnified in the middle of the night, etc); and feeling

the momentum grow, is Self-Awareness-Sally's version of 'too much'. Prior to my personal transformation, locking my keys in the car would have been another inconvenience to complain about rather than recognize as an indicator to slow down and reset.

When I get overwhelmed, it helps to get back to *the why*. Noticing the too much and asking why reminds me of the meaning I desire to be aligned with, more than just completing tasks. *Too much* gets stuck on autopilot. The daily todo's become mechanistic. *Too much* doesn't have time for questions.

What is *the why*?

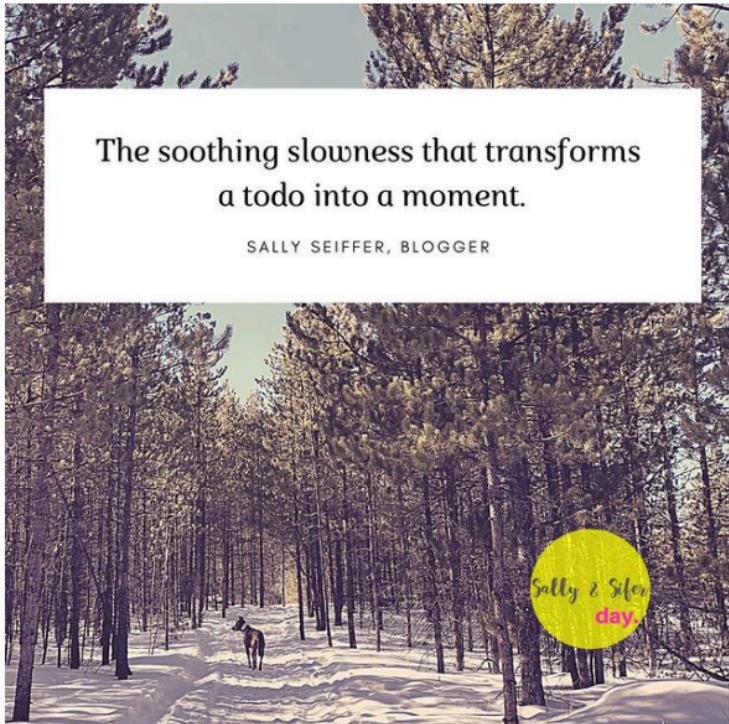
Why work out? Why eat meals? Why clean the space? Why have conversations?

There is a sensual experience in *the why* that creates meaning. Sights, sounds, feelings – vibrations. Good vibes. Returning to the sensual experience of *the why*. Meals taste good. Lighting creates a mood. Smells are soothing, and energy producing or releasing. Sounds too. Touch. Taking the time to notice the touch of the shower, the application of the smells/nonsmells, the soothing slowness that transforms a todo into a moment. Pleasure.

Present moment awareness. Noticing. Allowing. It brings one back to the reset. To *the why*. It feels good to be connected, attuned to the sensual experience of day.

Underneath every desired outcome is a *why*. The focus gets us

tripped up. When the focus is on the completion of a task, we miss the process. Attuning to the process helps us find meaning in the moment. To feel connected to the flow of energy that is available in present moment awareness opens us up to the *something more*.



February 7, 2021 @sallysifer #instaquote

2

Knowledge

knowledge.

February 6, 2021



Does this mean anything to you: *The infinite potential of still*

awareness.

How about this: *Thoughts in pure consciousness are ripples in the quantum.*

Words paint a picture. A picture is worth a thousand words. We can agree that words are important. We could also agree that the understanding of what a word means is relative to an individual. This tells me that communication is really an advanced skill.

Consider memory. It's not words. It's invisibly visible. Perhaps mostly interpreted through the feeling state the memory creates. The meaning is relative to the individual.

I learned that episodic memory is long term memory. 'Passively stored.'

I learned that semantic memory is considered factual or objective. I assume it's also part of long term memory.

Working memory is short term memory. Useful. Functional.

I can't imagine that long and short term memory is not integrated; as much as I can see how it can be compartmentalized.

This brings us to February. Theme: Knowledge. Executive function: Working Memory. An inner resource. A developing skill. I suppose the skill is in accessing one's Working Memory, or knowledge. What you know. Awareness of Working Memory puts one in the stands of life unfolding.

How does awareness of the function of Working Memory help one practice self-care?

One thing is for sure: intentionally slowing down to access knowledge is good for problem solving.

Tapping into knowledge, what I know or think I know, in a curious way can allow for if/then thinking that is more constructive, and therefore more productive. Constructive thinking leads to sustainable solutions. Sustainable solutions contribute to growth outcomes and new possibilities.

What picture do the words curious, constructive, productive, sustainable, growth, possibility paint?

How about the opposite: disinterested, destructive, unproductive, dying, stagnant, impossible?

What picture does your life paint?

What picture do you want it to paint?

How much of it is in your control?

Who benefits?

ONE THING IS FOR SURE:

INTENTIONALLY SLOWING DOWN
TO ACCESS KNOWLEDGE
- WHAT I KNOW OR THINK I KNOW -
IS GOOD FOR PROBLEM SOLVING.

SALLY SEIFFER, BLOGGER



February 12, 2021 @sallysifer #instaquote

sprinkles.

February 13, 2021



I love love which is probably why I enjoy Valentine's Day. I love pink. I love desserts with sprinkles – and a pink vibe. I love that love exists. I love that donuts and cupcakes with pink sprinkles exist. I don't eat the desserts often. I just love knowing that they exist. Exceptional. Mind-blowing. Desserts. Same with romantic love. I love love stories. I love romance. I don't necessarily engage in it. But I love that it exists. It's exceptional. Mind-blowing, really. The sensual experience of romantic love. I love femininity. Softness. I do engage in this. Slowing down and intentionally being present with what is available in the here and now. How all this integrates together I am not sure. It all exists. All this goodness. It exists.

So how the hell do I integrate one's Working Memory, or knowledge, into a self-care strategy that is meaningful and applicable to the day-to-day experience, with a Valentine's vibe?

Oh you just wait and see.

Hm. How do I do this...(?)

Love exists. We can call this wellbeing.

Let's say that for this love, or wellbeing, to know itself it had to exist in physical form and the greatest function was to last, or survive. Otherwise, what would be the point.

Once the physical form got rolling, then came the why. Why exist in physical form? Insert the physical senses and design. Beauty. Pleasure. Sensuality.

The structure of life would be like the structure of a building. The pleasure, or sensual experience, of life would be the design. The color. The contrasting elements. The Art.

So now we have these two building blocks. Such as the right and left sides of the brain, masculine and feminine energy, east and west philosophy, earth and space.

What's next? Will. The will to utilize the forces. To desire. To act. To apply knowledge. To continue to grow and evolve.

I could be explaining Maslow's hierarchy of needs, or the chakra system, fundamentally.

Our Working, or short term, Memory helps us to function in the day-to-day. It loves routine and structure. Routine and structure is necessary. Although, routine and structure is not pink sprinkles, romance, or sensuality.

When one's Working Memory is functioning on autopilot it is helpful because it supports order. There is flow with order. As in traffic. When traffic flows everyone gets to where they want to go. But then what?

Our Working Memory is a function that can serve as so much more than remembering dental appointments. WM is a function within the complexity of a design that is continuously expanding.

My short term memory helps me do day, but an integrated WM opens one up to more. It opens us up to that which is possible v. that which is just the same.

Self-Care. Caring about yourself enough to notice the thoughts you think and the story they tell. Who are you? You are the noticer. You are the noticer of your inner resources. You are the noticer of the skillsets inherent within you that not only contribute to your survival, but contribute to the sensual experience of life and its pink sprinkles.

You are the noticer of the
skillsets inherent within you
that not only contribute to
your survival, but contribute
to the sensual experience of
life and it's pink sprinkles.

SALLY SEIFFER, BLOGGER



February 18. 2021 @sallysifer #instaquote

crazy.

February 20, 2021



Today is Saturday. I love Saturday. For me, Saturdays come with the essence of freedom. After Saturday is a Sunday morning. Before Saturday is a Friday night. I love those too. The essence of freedom: nothing to do, nowhere to go. The essence. Freedom.

To know anything is to also know what it is not. The essence of captivity, the sense of being controlled or held captive, would be the opposing force to freedom.

Who or what does the controlling?

Saturday. A collective majority is assumed to have Saturday as part of a weekend. This suggests that a majority are not commuting and participating in what may be considered a traditional M-F, 9-5 work week. This is being totally disrupted btw. I'm loving the idea of a four day work week and crushing the 'have-to's' of my 'job' during the non routine morning hours where two hours feels like four hours and my focus is 'on'.

Back to a traditional understanding of Saturday as a non-work day (insert your own general interpretation).

What if a typical day captured the essence of a Saturday? Morning/Evening (or whenever you begin/end) held the bookend-space of a Friday night and a Sunday morning. And then the 'go' chunk of the day held the essence of Saturday. The space between.

Essence is just the back drop, your inner vibe. Where you operate from. A sense of possibility. An orientation to freedom being the vibrational set point.

Listen to your own responses to what I am suggesting. Are you creating an argument against why this could not be true?

But you know. You know. Underneath it all is the un-condition. The expansive knowing. The attunement to the energy of pure potential. Freedom.

To know anything is to know nothing. The sweet spot. Nothing is everything.

I intended to share more on Working Memory. I was originally going to expand on what I am suggesting when I use the term 'integrated working memory'.

Here is the short version of the wasgoingtowriteabout blog:

Working Memory can be likened to what shows up on your 'screen' – the active algorithm. What you may unintentionally

consider to be most relevant.

By routine or by collective momentum, you may have an energetic resonance with a Saturday, or any day/time of day. Such as morning/noon/night, and along with that your meal times, or other segments of the day. We mimic particular patterns that function on autopilot. It helps us 'live' together.

What's behind the working algorithm on the screen?

What is available in the search bar?

Where does the wireless connection come from? The signal. Do you have a strong signal? A clear connection?

At this point, there are endless references to how one functions as a human and digital technology.

Working Memory is surface. It supports the organization of a structure: the 24/7/12/52...

An integrated WM recognizes itself and at the same time can access a broader view or understanding. An integrated WM can align with the episodic memory and grasp cause and effect, AND can focus sequences of cause and effect projected into the future.

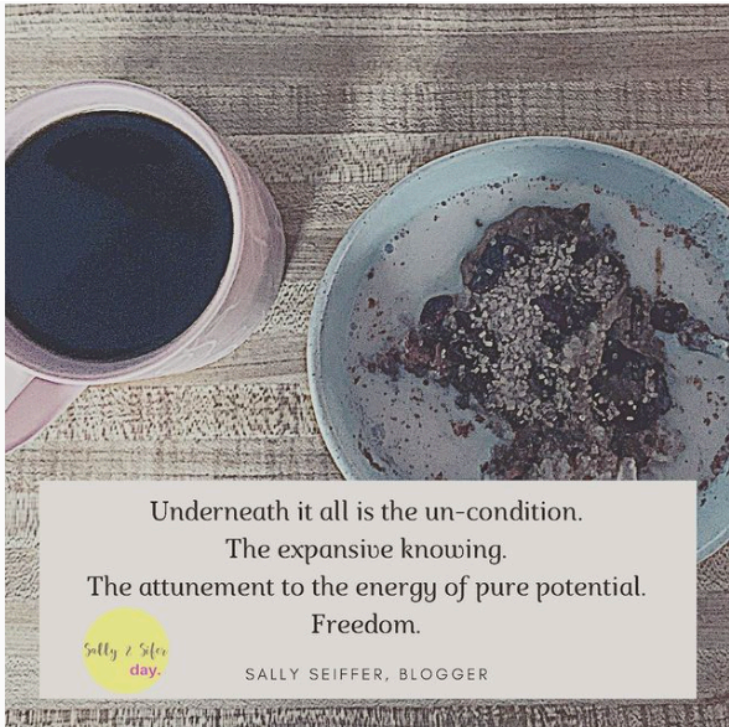
This is problem solving. Connecting the evaluative experience of cause and effect to next steps.

This is the opposite of the hamster wheel.

This is the intelligent human response to Einstein's well-rehearsed saying: the definition of insanity is doing the same thing over and over expecting different results.

Self-awareness? = noticing the pattern.

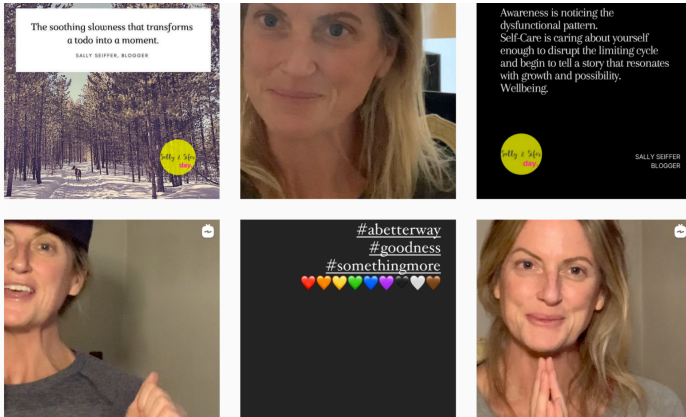
Self-Care? = caring enough about yourself to step away from the 'cra'.



February 25, 2021 @sallysifer #instaquote

visual.

February 27, 2021



I really like my Insta grid. It is clean and concise. I post a video on Sunday late afternoon/early evening. I post a quote from my blog during the week. Underneath my profile picture is a link to my blog. If I am scrolling through Insta and I want to share something, I share it to stories and it lives there for 24 hours. I can capture my stories and organize them into categories. I'm not so great at this.

I love Half-Baked Harvest's Insta account. I would like to organize my stories and create video on stories like she does. I assume Tieghan Gerard has a team of people who are part of her social media platform. Maybe not. I hear Ina Garten mention that she has been doing a lot, or all, of her posts by herself during this time of Covid.

I like to blog for a lot of reasons. One reason is that I can reference people and assume the reader knows who I am talking about. Teighan and Ina.

Sooooo, there's that.

New topic.

Visual Working Memory.

This is the last post for February. If you were to go back to the first 2021 blog post in January, you would get an invitation to read my 2020 collection of posts in a downloadable digital book. Lucky you.

If you were to read the second post in January, you would be introduced to the vision for 2021 blog posts. Each month is themed after a skill I teach to children in a school setting, but flipped into a useful day-to-day self-care strategy for adults.

February is Working Memory. WM. The keeper of a functional algorithm to support daily living. A useful function, or inner resource, to say the least.

WM is a tricky beat. WM can be set on autopilot. If you set your car on autopilot but are headed in the wrong direction, you may have a smooth ride but end up further away from your intended destination.

Patterns.

Here is a fun curiosity to consider: so many stories, so few patterns and emotional states.

True or False?

You ponder that, relevant to your experience of day.

Last week we got curious about an integrated Working Memory. An integrated WM is broad with a touch of possibility thrown in. The noticer of the integrated WM can get ahead by using this skillset, or inner resource, to move through anticipated cause and effect scenarios. This skillset supports sustainable growth results that build on themselves. You get off the hamster wheel.

Visual Working Memory.

Painting a picture in your mind space of desired outcomes. Infusing desired outcomes with the essence of a sensory experience – what does the desired outcome look like? How detailed can you get? What does it sound like? What does it feel like? The vision creates an emotional state of possibility. As if it is happening in real time.

The advanced skillset related to self-care is to conjure up the vision, create the emotional state, and rest there. Rest in the emotional state of possibility. It feels so good.

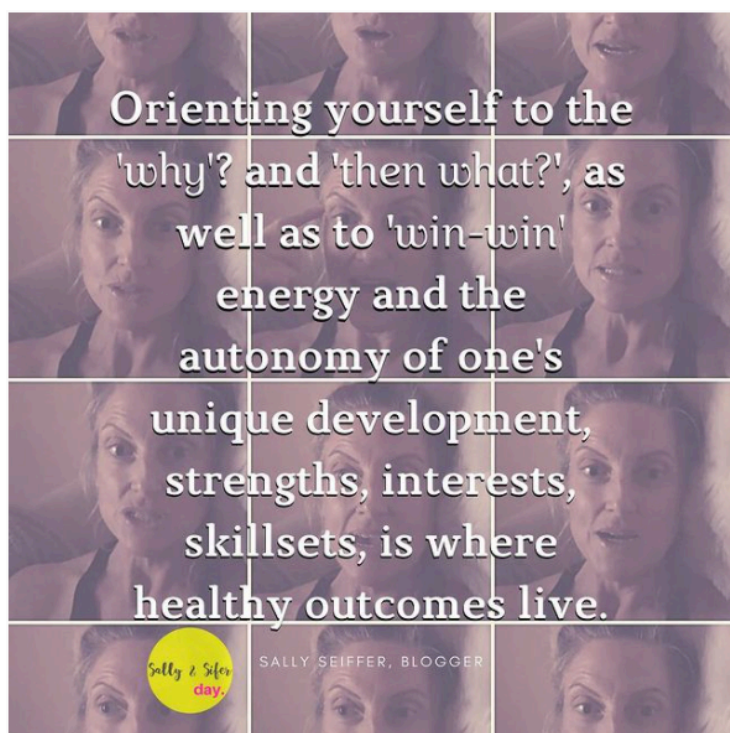
Practical uses of the Visual Working Memory are to recognize it in relationship to others: others don't share your vision. In circumstances where there is an assumed power differential (adults and children), to paint a picture with words or to use

visual supports, can develop the child's Visual Working Memory and create better flow in communication. Think: following directions.

Understanding VWM is one thing. The skillset is independent of moral and ethical considerations. This is where orienting yourself to the *why?* and *then what?* , as well as to win-win energy and the autonomy of one's unique development, strengths, interests, skillsets, is where healthy outcomes live. The broader understanding allows for intentional use of the skillset to contribute to greater good and sustainable outcomes, rather than to intentionally manipulate others to buy what you are selling. IfyaknowwhutImean.

The use of inner resources to manipulate others suggests a worldview or paradigm that believes others need to be controlled and behave a particular way in order for life to be 'good'. not true.

#youdoyou



March 6, 2021 @sallysifer #instaquote

3

Planning

plan.

March 6, 2021



Changemakers are Problem Solvers.

Problem Solvers are Growth Producers.

Growth Producers focus on desired outcomes.

Who are you? You are a change maker. You are a problem solver.
You are a growth producer.

You are better.

March.

What's my plan?

For some, there is no greater three word combination. What's the plan? What's your plan? What's my plan? What's our plan?

Let's make a plan. What's our plan for the day? Do we have a plan?

I begrudgingly came to be a bit of a planner. Intentionally using the executive skill of 'planning', along with my imagination (combined with working memory), got me back to living from a balanced, regulated emotional state. Wellbeing.

The calibrated set point. The return-to.

My personal life is quite dreamy and 'out there'. My day-to-day work life is more structured and teamed with highly capable people who are practical and consistent in expectations of 'done'.

Integrated.

Dreaming is one thing. Planning can be a bit complicated as it can include conditions. In the world of self-care, we can use our tools (inner resources) to support the uncondition. The uncondition is sensual, the uncondition is a felt experience of the 'why' behind any sort of linear application to life – a plan.

Planning. What is the desired outcome of the plan, what are you planning for? What is the end game? What is the done goal?

Why?

And then what?

If you are planning a vacation, what is the desired outcome? To relax? To connect? To be surprised? To exceed expectations? The uncondition. The felt experience of the 'done' goal. What does refreshed look like? What does refreshed sound like? What does refreshed feel like? Use the picture in your mind to imagine the experience of accessing this desired state of feeling refreshed. Get it good. Your working memory will allow you to tease through episodes of possible cause and effect. This supports the planning process. If you have others that make demands of your time, how can you plan ahead to create win-win possibilities that allow for your desired outcome?

Planning can come from a conditioned need to control outcomes. This suggests that the conditions are responsible for a sense of satisfaction. Or, you can use planning to create the uncondition of the feeling state of satisfaction which lives in the open space

of wellbeing.

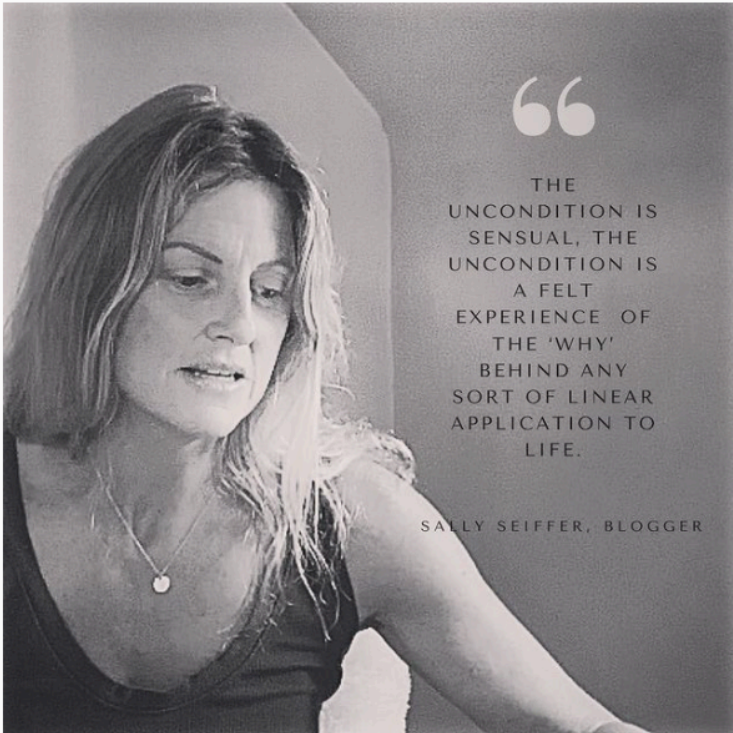
Being connected and aligned with the 'done' goal of the desired uncondition is a great place to begin. Move backwards from there to the todo list. What are at least three things that I can do to support this desired outcome? Moving back from there is the organization of materials. What are the things I need to support the 'todos'?

Once we have the plan we can begin to execute it (executive function). We can gather the materials. Create space to begin the todo list. All activated while envisioning the done goal. The uncondition.

I can plan and dream from the feeling state of my desired outcome.

This is an interesting concept. The self-care strategy: 'to plan'. As I whittle away at my desired outcomes, I recognize I am tapped in exactly where I am at: the present moment – coffee, candles, calm.

Esther Hicks interprets a concept that feeds this idea of the physical and the nonphysical. The uncondition is the enjoyment and excitement for life. The uncondition of the journey. If the desired outcome is only the finish, we miss the journey. She tells a story about a river trip. If the end game was the finish. Why go on the trip? Why not just drive to the destination.



March 11, 2021 @sallysifer #instaquote

cover.

March 14, 2021



I buy a book for its cover. Even using Audible, the title and its design are what capture my attention.

I am a marketer's salivating pet. Always been.

Love context. If the cover capture's the something more – a story, I want it.

I am a sucker for an atmosphere. The metaphorical atmosphere of a moment and the elements of its design. Lighting – natural, synthetic. Smells. Tastes. Insatiable pairings. Textures. Colors. Loud sounds. Soft sounds. Music. Rhythm. Laughter. Whispers. Characters. Characteristics of life, roles, expressions. Thick. Thin. Contrasting elements. So much. Yet all of it, at once, a moment. A capture.

I am not an artist as much as I am an artist. A unique expression. Contributing.

I sit in the warmth of a simple space. Candles. Always candles. Playlist resonating with the context of a quiet morning. Flute. Deep. Long. Breath. Slow. The contrast of a macbook. An iphone. YouTube music.

A window. Big. Open. Uncovered. A snowstorm trying.

I sit with so much to say yet nothing to say.

Theme: Planning.

An inner resource. An ability. A function. Useful for execution of desired outcomes. Desired outcomes that continue to level up.

A desired outcome is an imagined end in mind. A creation. Your creation.

When we push against – complain, compare, judge. We are responding to, and activating one end of a spectrum. For the one end to exist, means that the opposing end must also exist. The opposing end to what we don't want is what we do want.

Stephen Covey may be considered the original life coach, and if he is not THE original, he must be 'one of'. I would cite evidence of how long your work (The 7 Habits of Highly Effective People) has lived in the business section of the airport bookstore – you know that highly trafficked corner when business travelers were a thing.

It's my understanding that this list of successful 'life' coaches

have a familiar pattern. If I am correct, they study a desired outcome (success – happiness, finance, business, sport, leisure, education, leadership) and whittle away at the core elements, or patterns, of those who have risen to an agreed upon level of awesomeness (living or nonliving). It's the resulting pattern that is coached or written about. The pattern is aligned with laws, or principles, that govern energy (essentially – universal laws). The test of time and the unchanging variables are what constitute the success of the formula or pattern.

Begin with the End in Mind.

What is the done goal? What is the desired outcome?

Putting First Things First. What is the todo list to get to that desired outcome?

Why?

Does your why resonate with growth outcomes? If so, the plan is probably aligned with the side of the spectrum that is pulling you toward your true goals, dreams, desires.

If the why resonates with a win-lose, it may be evidence that why is rooted in the fight. The push against. The need to control another in order to get what is desired. A belief that it is the thinking, feeling, and behaving of the other that is keeping the desired outcome from you.

Resonate with the purpose of your greater good. Resonate with your truth. Your formula for your success. Success is continually

getting better. Incremental growth.

It appreciates.



March 19, 2021 @sallysifer #instaquote

spring.

March 20, 2021



Incremental growth.

What is it that you have grown from?

Where were you that now indicates growth?

Growth. A constant.

Where you are now is not where you will be.

You can't NOT grow. And growth is better. You know more. You have experienced something. It taught you.

You tell the story.

Awareness. Curiosity. Wonder.

Skillsets.

You are the noticer. The observer. The witness to your growth. You can choose to be curious about it. You can wonder about where you are, what you have grown from, and what you desire more of – how you want to grow moving forward.

You have the ability to plan.

‘Plan’ is just a word. ‘To plan’ is an ability or action. Wondering and being curious about desired outcomes is not only fun, it contributes to your own natural sense of what is possible. You become part of the play.

What is interesting is that one might use this inner resource, ‘planning’, to intentionally create more of the same. To stay the same. To control outcomes that are familiar. This construct is self perpetuating, stemming from a belief that controlling outcomes supports one’s sense of safety and security.

Where does a sense of safety and security come from?

Split energy.

Wanting one thing (goodness, freedom), but living in contrast to its existence (fear and scarcity) creates a split. The two forces contradict one another creating tension. Tension is stress.

What happens if one of the forces lets go? Does the energy move?

Does it feel good?

When I run on the treadmills at Orange Theory, the coach uses a variety of techniques to inspire effort. To inspire pushing oneself outside of their comfort zone. The ‘pushes’ and the ‘all-outs’ are increments of time – they don’t last that long contrary to what it feels like while you’re in it.

The transition from the ‘all-out’ back to ‘base’ is what the coach encourages one to focus on. If you can hold on and trust that you will return to a manageable pace, that’s the space where the most growth occurs. In the transition between the challenge – the push, the all-out – back to base (the set point, the comfortable rhythm); if that set point is too high you may get results, but the chances of burn out are probably higher, as well as potentially contributing to a lack of enthusiasm to initiate the workout – losing sense of the bigger play.

You are a machine. You have clean, working rhythms contributing to your play. You are the observer of patterns – what works, what doesn’t work. You are the energy of pure potential that moves the parts.

You are greatness. You are love. You are possibility.

You are also so damn simple.

Let go of the tension.



March 25, 2021 @sallysifer #instaquote

choice.

March 27, 2021



I love blog morning. I love this macbook I type on. I love google docs.

I just threw out several qualifiers (macbook and google docs) that may open themselves to differing opinions.

If I chip away at the underlying source of my love for 'macbook' and 'google docs' it is easy to uncover my preference for design and ease.

Design and Ease are approachable concepts to a general audience. The terms Design and Ease lend themselves to an individual's curiosity about their own preferences and interpretations. What elements of design am I drawn to? What does ease feel like?

I can argue about Macbook and Google Docs and why I like them, but why? I get my preference and you get your preference. I allow this thinking.

When I feel a need to prove my preference, or excessively explain my preference with a goal to persuade another into my way of thinking, the energy gets weird. The more attuned I am to energy, the better I can guide myself away from the fight, the 'other', the push against; and stay in the flow of what I am pulled toward.

In either a blog or something else I published not too long ago, I shared a thought that I am super curious about: so many stories and diverse interpretations of 'day'; yet not so many patterns and emotional states.

What I did by chipping away at Macbook to uncover a design preference, and Google Docs to uncover a love for ease, is something I started calling LCF (lowest common feeling – a play off of lowest common denominator). What is underneath a desired outcome? Desired outcomes are essential as they are non negotiable. In order for anything to exist, there must be an opposing force. Wherever one 'stands' (literally or figuratively) is as an observer. The external world of conditions is observable. The human observes the conditions and has a response. The underbelly of the response is either a desire for more of the same, or for something different. By observing, I open myself up to a preference: I like this, I don't like this.

It's your own thing.

This concept of having autonomy as the observer and choice maker, is the basis for continuous growth or evolving consciousness; consciousness being the aliveness. The awareness of the conditions and one's response to their perception of the

conditions.

You are so cool.

Truly. You are. You get to be you. You get to have your own opinion. Your own preference. Your own desired outcome.

Self-care. Caring about yourself enough to take time to reflect on your preferences.

Last post for March. Theme: planning. Planning, to plan, is a skill – an inner resource. To plan allows one to execute for desired outcomes. The more one can align a desired outcome with a feeling state ultimately allows one more control over their experience of day. When one feels good, one feels good. The qualifiers are not responsible for the good feeling state. The good feeling state attracts the qualifiers by aligning the energy with what you prefer. (relativity)

Moments. Capture the moment of the goodness. Allow the experience of the goodness. What story do you tell about the goodness?

You are goodness.



March 31, 2021 @sallysifer #instaquote

4

Completion

goodness.

April 4, 2021



It's just before 6am as I begin to type. Actually, that's not true

as far as when this blog originated. I began it yesterday, but couldn't get it to land.

Over the years, stumbling through the world of content creation, one familiar advice share is 'who is your audience?', or some version of know your audience before you begin.

I still ask myself often who my audience is. A targeted audience is the suggestion. I tend to live in a general space. 'General' defines me quite well. I take big ideas and generalize them.

Why?

What is essential lies underneath. It can take a minute to uncover. Knowing it's there is enough to begin.

What's underneath?

Goodness.

Goodness is the uncondition. You are goodness. Self-care is caring about yourself enough to align with goodness first. And then orient to the conditions from the space of goodness.

April is so fresh. Fresh feels so new. New feels good to some, uncomfortable to others.

What feels good to you?

Do the things that feel good. Think the thoughts that feel good. Notice the good feeling. Allow the good feeling. It exists.

Goodness is not a result of conditions.

New month. New theme. Finishing. To monitor your own growth and movement toward your desired outcomes.

What is it that you want? What story are you telling about what you deserve?

What is essential is what lies underneath. It's not that one deserves goodness. It's that one is goodness.

Allow the goodness. Saturate yourself in goodness. It radiates. It's powerful.

If the goodness was not essential, it wouldn't matter when you turn away. You wouldn't notice the discomfort. The discomfort gets your attention. When you care about yourself, you turn back toward the goodness.

It's not earned. It's abundant. Not partitioned to those who are deserving.

Attune to the uncondition. The goodness. And then move toward the conditions.

Goodness attracts goodness.

You are goodness.



April 8, 2021 @sallysifer #instaquote

strengths.

April 10, 2021



“We are in this together,” she said to herself thoughtfully, as she began her weekly blog post.

I get up early. I love the early morning. The collective energy is slow and quiet. I sit in the dark with several candles. A tibetan monk playlist oming in the background. I sip coffee. My mind clears. Thoughts are slow and sincere when they do show up. It’s honest. It’s real. I love knowing it exists.

I do this every morning.

I write from this space.

Because it is so slow paced, it’s easy to notice my thoughts. It’s easy to know what is genuine and what is reactive.

Anyone can do this, obviously.

What are you good at? What is your spotlight? Where do you

shine?

If you are unable to brake now and wonder about the questions above, read them through ‘outloud’ in your mind with genuine, curious energy – as if you were really open to knowing what the answer is. Notice how the answers may show up throughout your day. Smile in acknowledgment to yourself when it happens. So much more going on.

You were born with skillsets, talents, and abilities unique to your expression. The word ‘talent’ can be loaded with assumptions. Disrupt any assumption that limits you, and create your own definition that resonates with you. Where do you shine? What feedback do you get? Compliments, positive messages, even the messaging you attract in media, or strengths you notice in others, are forms of feedback – it is what gets your attention. It has meaning to you. It’s data.

Self-care is caring about yourself enough to acknowledge your goodness. You have strengths, talents, and abilities. You also have access to functions that manage your thoughts, feelings, and behaviors. You are the one leading the story you tell about who you are.

Back to executive functions.

You are the executive of your thinking, feeling, and behaving (response to urges, impulses). You = leader, boss, decision-maker, one in control of you. As the effective social-emotional school curriculum is titled: the LEADER (is) IN Me.

Speaking of... the Leader in Me is an elementary school version of Stephen Covey's Seven Habits of Highly Effective People.

When you proact to life instead of react, you initiate. You move toward discomfort with a curious mindset. The more you practice this, the more you can get ahead of potential roadblocks.

Habit 1: Be Proactive.

When you are curious about desired outcomes, you flip what you DON'T want (what is showing up) to create what you DO want.

Habit 2: Begin With the End in Mind. (Focus on the desired outcome. Align with the energy of what is pulling you, rather than continuing to push against the problem).

All you ever have to do is the next thing. Orienting toward the desired outcome is really just a mindset. The more you can create what you want in your mind, the easier it is to orient toward it. Advanced skill: get underneath the condition. Chip away to the uncondition. What is the feeling state of your desired outcome?

Habit 3: Put First Things First. Do the next thing. Chip away. Incremental growth. You'll get there. And then there will be the next thing.

Whether it's Stephen Covey's Seven Habits, or a series of executive function skillsets that support one's ability to manage their thinking: initiate, working memory, plan – it's all connected.

Next targeted skillset is monitoring the plan. You created a next

step. Now what?

Take some time to be the noticer of your growth. Like the popular social media post: where I began, where I am (or something like that). This is the self-care version of one's executive skillset: 'monitor the plan'. Monitor your own sustainable growth. You won't go backwards, even though it can feel like it sometimes. Ebb and flow. The more time you spend acknowledging your growth, the more you'll notice the ebb and flow of change.

Focus on your areas of strengths and interests. Get familiar with the patterns and emotional states, while examining what goes well for you – what comes easy. And then transfer the learning to what is a bit more challenging.

I rarely let a student leave our time together without reminding them of who they are: "You were born right. There is nothing wrong with you."

You ARE right.

“

We will not go back to normal. Normal never was. Our pre-corona existence was not normal other than we normalized greed, inequity, exhaustion, depletion, extraction, disconnection, confusion, rage, hoarding, hate and lack. We should not long to return, my friends. We are being given the opportunity to stitch a new garment. One that fits all of humanity and nature.

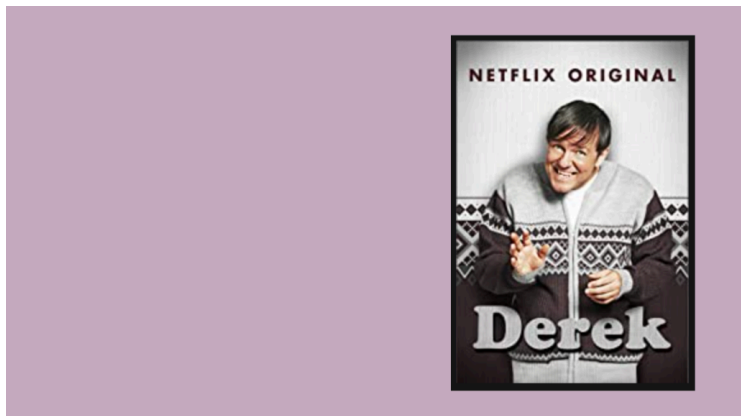
SONYA RENEE TAYLOR

April 15, 2021 @sallysifer #instaquote

Usually I post a quote from my blog midweek. This is a repost of a mention from a Sunday story a few weeks back. An opportunity to stitch a new garment...humanity ❤️🧡💚💙💜💖💗💘💙💜💖💗💘#allofit

derek.

April 17, 2021



I loved Sex in the City. Charlotte, Samantha, Carrie, and Miranda were my best friends during the two years I was in my version of hell on earth – graduate school. The fire. Keeley was there too. I remember thinking it was so advanced to rent the series from Blockbuster and watch them, one after another, commercial free. And then a neighbor purchased the entire box set from Costco one day because he knew I loved it. I’m not sure how many times I watched it from beginning to end.

More recently, a friend of mine told me that I was like Carrie Bradshaw. What she was referring to was that I sit by a large window with my laptop as I write a weekly blog. I can assure you that even though I am single and quite capable of tapping

into opportunities that swipe dating apps afford, there are no urban sexcapades to write about. Which is a little bit funny that my dream job would actually be to write romantic comedies.

Sitting here looking out the window made me think of Carrie Bradshaw, which made me remember the explosion of satisfaction I felt when the friend made that comment.

A compliment? Four words maybe? And just like that, a goodness explosion. Feels so good. (anyone use the phrase and just like that from SITC? I say it in my head all the time).

Do you ever pay attention to the power of words? The power of an unintentional compliment?

I'll make another reference to a show. This one is a shortlived Netflix show, Derek. Ricky Gervais is Derek. And I think he wrote the series. Okay, I know he created the series because I just googled it.

There is a moment in one of the shows where Derek is saying goodbye to his best friend. Derek lives in an assisted living home as he has developmental differences. His best friend is much older, upper eighties perhaps. The show is filmed like The Office, they have a scene along with an interview. In the interview part during the saying goodbye scene, Derek says something like, 'she would just touch my shoulder and it was like magic...all the bad stuff would disappear...she'd say, kindness is like magic derek, it is more important to be kind than to be cool or good looking.'

Have you had an experience where someone said or did something in an instant that shifted your present time experience? As in an energetic shift from within – a shift in mood...in an instant. Just. Like. That.

A compliment. A mention. Unexpected.

The experience of clarity. The experience of a mood shift. It happens. It exists.

What if knowing that this is possible is enough to bring intention to it and harness its power for good. This would require a belief that life is happening for you. That powers exist that can shift change for good. Just as an insult can show up and validate the pervasive enemy lurking to ruin your experience, so too can the compliment. The look. The unexpected validation that brings you back to the goodness.

Be the noticer of the goodness. Flip the script. Care about yourself enough to be open to the goodness surge. It exists. It's available.

Tap into its stream.



April 21, 2021 @sallysifer #instaquote

harm.

April 24, 2021



In January, I painted a picture for the mind of the 2021 monthly themes for this weekly blog.

Let's pause here. Does that language make sense to you? Painting a picture for the mind.

Something to chew on, or wonder about, for those who spend their day communicating directives to others.

Slowing down to see clearly fits here as well.

Moving fast, without consideration of your own visual plan of desired outcomes for day, can land you in a continuous cycle of reactivity. When this cycle goes unexamined, over time one can lose their sense of self.

Slowing down to consider potential cause and effect with 'other' cast members likely to show up and play a role in day, can support one's sense of control related to thoughts, feelings,

and behaviors.

Who are you?

You are the noticer of your thinking, feeling, and behaving. A noticer uses their inner resource of awareness. One could (maaaaaaaaybe) call this attention or focus. When one is aware of their ability to notice thoughts, feelings, and urges/impulses to act or behave, one is empowered to attend to them by focusing their thinking on a story they want to tell. A story that supports their sense of self. To attend to the desires of your heart supports your ability to execute a plan that aligns with a good feeling state. The good feeling state is the energy of pure potential, or wellbeing.

An empowered person is the noticer of patterns, and the ability to disrupt patterns that limit or cause harm.

Executive. (leader, boss, person in charge)

Function. (inner resource: the ability to use skillsets to execute a plan to move toward circumstances, situations, or events that present themselves as potential threats or challenges)

Executive Functions are inner resources that allow one to actively problem solve and move toward desired outcomes.

I am in charge of me. I lead my thinking, feeling, and behaving. The leader is IN me.

This is a mantra I would use with students when I worked at a

Leader in Me school.

In January, I began the blog year using the Executive Function skillsets I have become quite intimate with in my school job. The BRIEF-2 screener is used to target areas that may benefit from specific intervention. The screener is split into three categories: behavior regulation, emotional regulation, cognitive regulation.

I split the skillsets into monthly themes, beginning with the five skillsets considered for cognitive regulation: January – Initiate, February – Working Memory, March – Plan, April – Monitor (to monitor the plan, to complete or finish), May – Organization (organization of materials to support the plan).

The skillsets are what make us able to execute human life on a physical planet.

Humans who move too fast can miss the magic. The magic of choice. The magic of desire. The magic of attending to and focusing their own strengths, talents, and abilities to live a life that feels right.

Monitor.

To monitor choice. To monitor your own data. What patterns do you notice? What do you do well? What happens when you utilize your own strengths and skillsets to move toward the discomfort of a challenge? What story do you tell about the challenge? Do you finish? Do you execute ideas to completion?

Empowered humans practice telling stories that resonate with

what is possible.

Empowered humans initiate change by moving toward a challenging situation, circumstance, or event with a plan for a desired outcome. When the desired outcome resonates with wellbeing, you can't get it wrong.

Disempowered humans react to life. Reacting can cause harm to self and others.

Slow down to see clearly.

Humans who move too fast can miss the magic.
The magic of attending to and focusing their own strengths,
talents, and abilities to live a life that feels right.
Sally Seiffer
blogger
smoosh lover




April 29, 2021 @sallysifer #instaquote

5

Organization

organize.

May 1, 2021



Dr. Dan Siegel

Dr. Siegel is a clinical professor of psychiatry at the UCLA School of Medicine and the founding co-director of the Mindful Awareness Research Center at UCLA. He is also the Executive Director of the Mindsight Institute which focuses on the development of mindsight, teaches insight, empathy, and integration in individuals, families and communities.

Dr. Siegel has published extensively for both professional and lay audiences. His five *New York Times* bestsellers are: *Aware: The Science and Practice of Presence*, *Mind: A Journey to the Heart of Being Human*, *Brainstorm: The Power and Purpose of the Teenage Brain*, and two books with Tina Payne Bryson, Ph.D. *The Whole-Brain Child*, and *No-Drama Discipline*. His other books include: *The Developing Mind*, *The Pocket Guide to Interpersonal Neurobiology*, *Mindsight*, *The Mindful Brain*, and *The Mindful Therapist*. He has also written *The Yes Brain* and *The Power of Showing Up* with Tina Payne Bryson, Ph.D. Additionally, Dr. Siegel serves as the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology which currently contains over seventy textbooks.

Organization of materials. A stand alone skill? Such a common

word: organization.

We have a month to examine the skill of organization. What can happen if one practices a beginner's mind about what it means to organize. As if one is examining it for the first time.

You are reading a self-care blog. This blogger defines self-care as caring about yourself enough to practice noticing thoughts, feelings, and behaviors that contribute to a story of lack or limitation. And to disrupt the story of lack, with a story of possibility.

What story do you tell about organization?

I have an etched memory of the first time I listened to Dan Siegel present to a large banquet sized room of people. If I am recalling correctly, I listened to him speak three times in 2014: UCSD Bridging Hearts and Minds conference in San Diego – mindfulness in schools, SENG gifted and talented conference in Denver, and a Radical Compassion symposium at Naropa University in Boulder. Dr Siegel had a different way of presenting his research in each setting.

He used big words at the GT keynote.

It was in San Diego where I was sitting on the floor about ten feet away from where he was speaking. I had an experience that I have yet to duplicate. Obviously there was a time where I was a little obsessed with Dr Dan.

Dr Dan coined a phrase (as far as I know) that I integrated into

my own understanding of human life experience: (human life experience is) a constant exchange of energy and information.

At the same time I was gorging myself with Siegel's work was when I first learned of Sensory Processing, or Sensory Integration. Often these concepts end with a D for disorder. I feel as if they are descriptive terms.

Upon waking from sleep, the senses are what orient one to life and its aliveness. It is the senses that interpret what is perceived as life experience. Energy and information is interpreted through the senses, and then organized. Humans are meaning makers. What does the information mean to you?

If the energy and information is difficult to organize and create meaning, it causes discomfort. Discomfort signals the stress response. When one is out of tune (out of sync, out of rhythm) with the messaging the energy and information is creating in their body, one becomes highly reactive to the discomfort.

If disease is a result of inflammation in the body, and inflammation is the cell's response to intrusion, then new energy/information could be interpreted as invasive. When energy and information is continually 'disorganized', and unexamined so as to create meaning, the inside world may become more of a battlefield to defend against, rather than an empowered vessel to grow and flow from.

When one ceases to self examine, or to grow in their own curiosity and understanding of the autonomy of thoughts, opinions, preferences, interests, desires...does one stop or limit

their capacity to know themselves? And then what happens?

To know thyself is the beginning of wisdom.

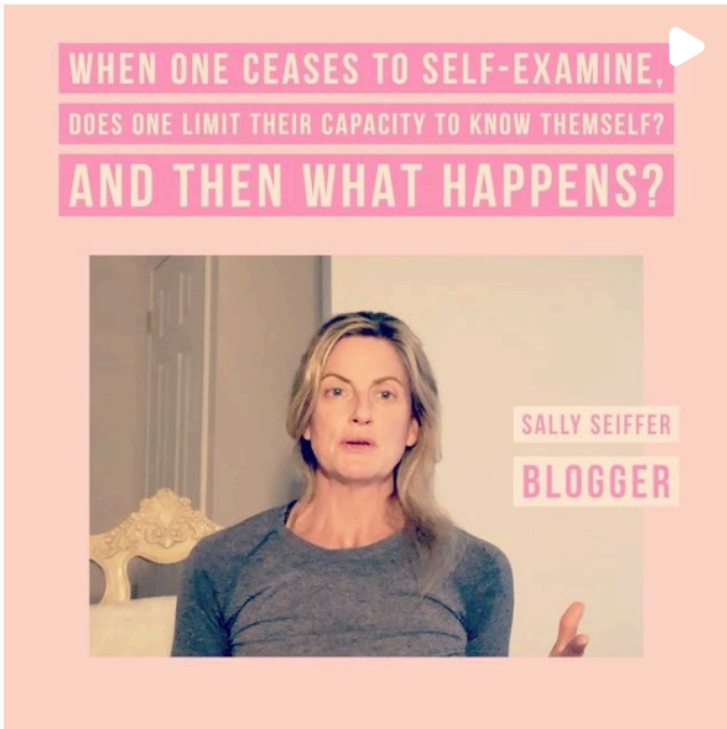
► Slow down.

The memory etched in my mind is of when I was sitting close to Dr Dan. I saw what I think was his energy body. I was close enough to see him as if he were pixels. He was there. He was speaking. My orientation to him at the moment was a pixel body like in a sci fi show. As if I could stick my arm through him. It was cool.

The reason I share this interesting experience is because of the what if. It's not linear folks. There's so much more going on.

One is constantly interpreting energy and information through one's sense perceptions. The energy/information needs to be organized to create meaning for next steps. Continuous growth. Constant evolution. Incremental or vast. Shifts in perception.

Is life happening to you or for you? You tell the story.



May 6, 2021 @sallysifer #instaquote

source.

May 8.2021



It makes sense to organize one's life in a way to control for unwanted conditions that may disrupt one's sense of safety and security.

What's your why? What lies beneath the desire to control conditions.

Let's examine. 🔍

Self-Care. Caring about yourself.

Care. What does it mean to care?

Take the action out. What is the feeling state of care?

Once you consider the feeling state of care, take it one step further and wonder about your why.

Example:

‘I care about food being fresh and not stale.’


Why?

It tastes better.

We could now ask: and then what? what comes next? how can we use this information?

Or we can take it one. step. further. and continue with the why.

Why do you care about food tasting good?

 I enjoy fresh food. I love biting into a fresh tortilla chip. I love crunch. I love soft, warm bread. I love the first sip of my morning smoothie. I love the juice of my favorite fruit. I.Love.Taste.

Now we have tapped into the senses. The sensual experience of pleasure. Pleasure. What story do you tell about pleasure? What story do you tell about that which is pleasing to YOU.

Here is the care.

I care about myself enough to enjoy the moment. I care enough to slow down and allow the sensual experience of that which is pleasing.

At this point, we could line up the experience of pleasure with the second level of Maslow, or second chakra energy. Let's not.

Let's just wonder about the most. bestest. feeling. of authentic care and the sensual experience it creates within your body and your being.

When I care about my experience. When I care about clarity. When I care about my thoughts and opinions. When I care about my connection to the source of wellbeing.

The feeling state of care has its own flavor, yet lives within the space of equilibrium and balance.

The word care, like love, can be double-edged. Care and love, used in language that resonates within the context of fear (what could happen – bad) is quite contradicting.

I care about _____ therefore I must embed more rules and restrictions for safety to protect against what could happen (bad).

V.

I care about my attunement to wellbeing. I care about feeling good.

When I care about my goodness, I tap into a wellspring of abundance. An abundance of thoughts, ideas, and possibilities of what could happen (good).

Goodness. The uncondition. The ultimate why.

Organize your day.

ORGANIZATION

Can you create space to orient yourself to the sensual experience of a moment.

Care about your experience of pleasure. Allow it. No rules. No restrictions. Bathe in it. Daily.

Five minutes. Ten minutes.

Notice what happens.

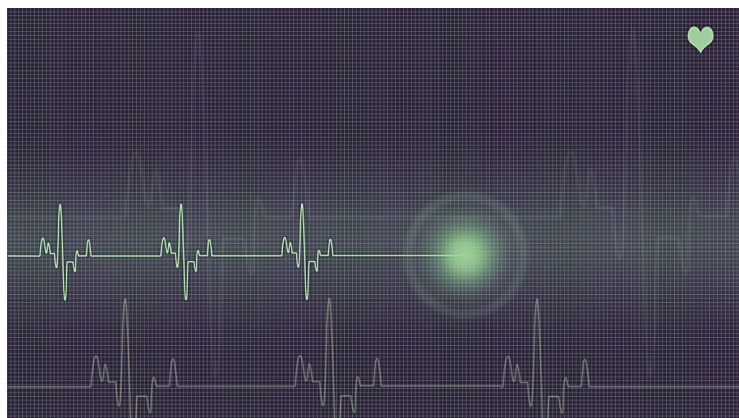
Goodness.
The uncondition.
When I tap into my goodness,
I tap into a wellspring of abundance.



May 13, 2021 @sallysifer #instaquote

tricky.

May 15, 2021



The uncondition of love has a pulse.

I intentionally calibrate to the pulse in the early morning hours. I love this time. Like most good things, it has evolved to what it is now. It's good. It's really good.

The pulse I connect to in the early morning is full of possibility. The feeling of possibility is my favorite feeling. I love feeling what is possible.

#redundant

Before I entered into this transformative decade, I experienced only fleeting moments of the pulse.

To clarify, I am defining the pulse as the experience of goodness (love, possibility, clarity, wellbeing). The uncondition. This means that the feeling exists independent of conditions.

The more depression consumed me, the more the clarity of the goodness, the feeling state of possibility, got my attention.

I've told my Catherine Zeta Jones story of when I saw her on the cover of People magazine declaring a bipolar diagnosis. I was ready to surrender to a clinical path and subsequent treatment plan as if the People cover was a 'sign', and then all at once I had a shift.

I realized that if I could feel the pulse, even fleeting, then that meant it was available. It existed. It wasn't missing. If I had it within me I could grow it and flip the situation = I could feel the dull sadness momentarily, and feel the goodness mostly.

It worked.

It took a decade. But it worked.

We all have a story. Our story is continually unfolding. We choose the narrative. When the narrative resonates with truth, it feels good. Goodness is our reminder that we are on the path of our choosing, the one that feels good. It's right.

My experience led me to the most loving, accepting, generous, authentic, forgiving relationship I have ever had with a human. My relationship with Me.

I am learning that this return to goodness awarded me with a foundation that was always available. It's from this foundation, this eternal grounding source of stability, where I begin again... and again...and again.

Goodness is the nourishing root from which everything else grows.

It's a tricky beat. One with a great plot twist.

Life is experienced in relationship with others. It isn't meant to be exclusive. Its richness is in its inclusivity.

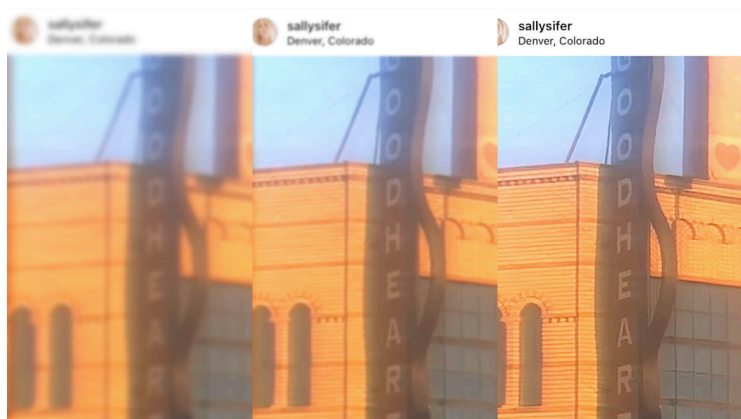
The story I tell.



@sallysifer May 20, 2021 #instaquote

focus.

May 22, 2021



All the sounds.

All the voices, the mediums – screens, video, audio.

All the sights. All the attractions: colors, designs, shapes, sizes, movement.

All the input. The touch of surface – soft couch, loose clothes, comfortable keyboard, soothing air.

So.Much.Input. Everything available. All at once.

The intelligence of a human system to organize input (data) and respond intelligently, effortlessly, meaningfully.

To organize sensory input through one's physical senses is to make meaning and choose next steps in an instant of perceived time – an instantaneous flow. A rhythm.

Without inner resources or abilities (ie. skillsets) to regulate one's thinking, feeling, and urge/impulse to act or behave, it seems there would be no meaningful physical experience.

I could be wrong (?)

Perhaps this is difficult to interpret as a quick read, or content scan, but it is the physical apparatus that allows the interpretation and ultimately the observed experience of the day-to-day.

Focus.

What I have written so far is most likely a very basic consideration of a person who may present with social or sensory differences (ASD – autism spectrum), or attention deficit (ADD).

Focus.

Awareness.

Humans have strengths and interests. Humans have intelligence – an intuition, inner guidance.

The more attuned one is to one's inner guidance, the better sense of control (ability to regulate), and awareness of one's connection to the source of something more.

Life. A series of circumstances, situations, and events that get one's attention: focus. We choose how we respond. The more attuned one is to one's preferences, desires, intuition, – the more ordinary day opens up to what feels like an extraordinary

way. Clarity. Purpose. Meaning.

Growing in awareness (practice of mindfulness) develops self-awareness of the inside world of thoughts, feelings, and urges/impulse to act or behave. The skill of self-awareness will snuggle you back into a natural sense of your own autonomy. Your own agency to choose.

Organizing the inside world can be likened to organizing what is external. Clear out what you don't need. Swipe, 'x', delete thoughts that don't resonate with a balanced state. Your balanced state of equilibrium, wholeness. Choose thoughts that do.

Shift. Awaken.

Allow goodness.



May 27, 2021 @sallysifer #instaquote

begin.

May 29, 2021



Do you have a fond memory of a situation, circumstance, or event?

Allow me to answer this for you: yes. Yes you do. You may not be in the ‘mood’ to conjure one up, but be assured you have multiple moments captured. You have goodness memories that live within the vast intelligence of the mind space.

If you have time to play, can you pause and allow a special memory to surface. The goodness gush may show up if you allow the space.

Memories can be tricky. Memories connect to feelings that contribute to a general story that has a theme. Stories tend to come with themes, or overarching ‘plots’.

Memories, feelings, story themes can ‘run the show’ when one loses focus of one’s power to be the noticer. When one is the noticer, one is practicing the skill of awareness. When

one is aware of one's thoughts and the story they tell, one is demonstrating the power to choose the story being told. Broad story themes tend to fall in one of two categories: fear or possibility.

The broad theme of fear is often justified and easily proven with evidence which interprets meaning through recorded details of an event. Memories connect to repeated and familiar storylines that can maintain fear-based themes.

To say that fear drives the human experience makes sense. Human life would not exist if it could not survive itself. The feeling of fear brings awareness to potential for harm that could disrupt survival.

Fear exists. Fear has purpose.

Is fear the meaning maker?

Abundance is thematic as well. So much. Thoughts are abundant. Ideas are abundant. Choice is abundant. The goodness gush is abundant.

Notice the function of fear. Notice the presence of fear. What story do you tell?

Fear protects. Does fear protect you from the other, or from the story you tell about the other? The other can be animate or inanimate, real or imagined. Ex: Traffic. Weather. And yes, memories.

The age of disruption.

Practice being the noticer.

Care about yourself enough to be the noticer of your inside world. The noticer can begin to disrupt the story of fear that is not relevant to real time survival. The noticer can begin to tell a new story that resonates with what is possible. This feels good.

Practice with the good memories. Notice the story you tell about the good memory. Notice the theme. Notice the noticing.

All you ever have to do is think the next thought. Start with the good when you already feel 'good'. This is self-care. You have guidance and intuition that will nudge you toward next steps.

Just begin.



June 3, 2021 @sallysifer #instagram

6

Shift

better.

June 6, 2021



To regulate is to control.

Regulations could be considered rules. Rules may not be legally binding.

One way to get on board when it comes to rules and regulations is to consider traffic. Lots of moving parts. Lots of diverse desirable outcomes. The regulations allow people to get to where they want to go.

When it comes to win-win thinking, traffic regulations seem to do fairly well (comparatively) as far as collective agreement of the what and the why.

I began using the generalized concept of traffic rules as a way to get the thinking kids (ie. why do I have to stand in this line? why do I have to _____?), often known as rule breakers, to consider school rules. In general, school rules are helpful to get everyone where they want to go.

My typical approach with the thinking kids is to validate their curiosity and bravery. I tend to agree that rules can feel suffocating. When one feels suffocated, one desires to break free. Survival instincts kick in.

I don't particularly like rules. I have learned to appreciate structure and processes. When I think of energy, I can recognize it needs a container to experience itself. Again with the win-win: how to allow for a container and not feel contained.

June.

I mapped out, or rather created a structure, for the 2021 blog

year. Monthly themes or topics that correlate to an executive function, or skillset. You can read the post *initiate* to gain a clearer picture.

June brings this blog to emotional regulations. June will focus on the skill to *shift*, and July will focus on *emotional control*, specific to the response or reaction to unexpected shifts.

Awareness.

Intentional growth in one's human potential begins with awareness. Awareness of patterns that keep one stuck or spinning in some version of 'same' that does not satisfy or lead to growth outcomes.

Better.

Shifts happen all the time. Once one becomes aware of the shift, one can anticipate or allow for it. Unexpected shifts, or transitions, can trigger one's stress response.

A year ago I was excited to share a digital ebook that included my why and relevant parts of my journey in personal growth and transformation. I shared the link in the blog post *trance*.

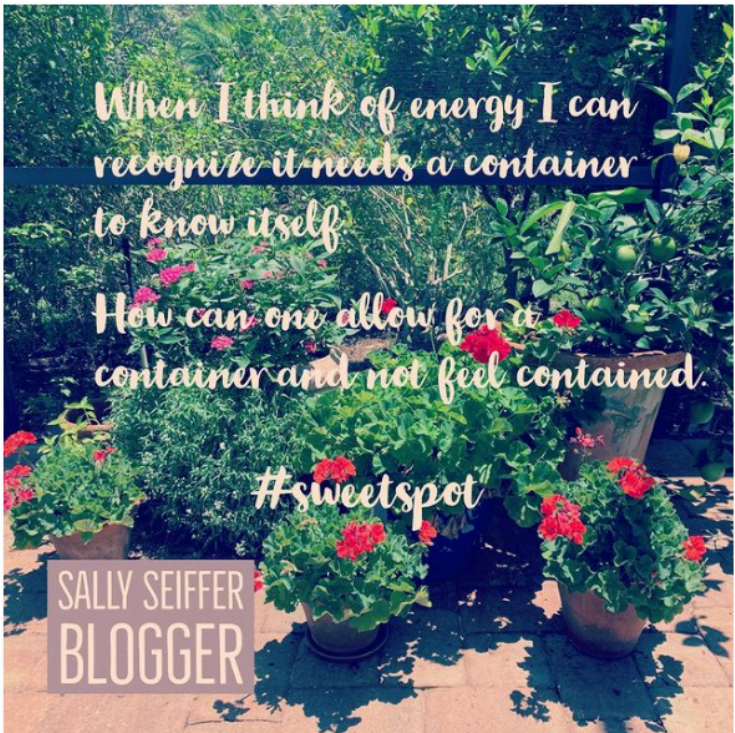
In the ebook, part three is a series of processes that can be a starting point to humanizing your own self: caring about yourself enough to notice limiting thoughts that tell a story of lack or limitation and keep one stuck in a same script that leads to undesirable outcomes.

SHIFT

June 2020 got my attention. Rumbles. Cracks. Exposure. Disbelief. Tears. Confusion.

One year later.

Better?



June 10, 2021 @sallysifer #instagram

content.

June 12, 2021



Sally Seiffer

the story I tell

how to make the age of disruption work for you

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Acknowledgement

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2. love

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4. fresh

5. beginnings

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7. play

8. good

9. allow

10. shift

11. appreciation

12. more

When I made a decision to disconnect from organized religion I remember deciding in my mind that I would consider any content that was inclusive and loving. I most likely didn't use the term *content* when I created this new disclaimer, but the word content has become my general term for input – what I take in. What I digest from the variety of media/mediums available for sharing information.

More recently I even changed the language in my mission statement to: I create and share content (formally ideas) that allows adults and children to feel seen, heard, valued, and understood.

Often I think of the word *contents*. The 'what's inside'. Table

of contents. The contents label of food or anything else that is packaged.

A book contains content. A book has a cover. The cover can be what attracts you to the content. I have been attracted to many covers of which the content did not sustain my interest.

In some cases, the content may be the driver as far as interest in the book. The cover may appear unappealing. The content may have made such an impression that it became bigger than the observable book cover.

In life, or day as I refer to the perception of daily living, we observe many 'covers'. The surface. Every observable surface has contents, information, story.

Every package of a human life includes contents. Nonphysical contents. Information. Story.

Would our relationships be more meaningful if it was the contents of a human that attracted us to one another (generally speaking), rather than a momentary impression of the surface? I'm using the word *attraction* as what gets one's attention, what one is drawn to.

Over the years, I have consumed a lot of content related to personal growth and human potential. It wasn't the content that changed me, it was the application and experience of the new information that allowed for shifts in my thinking that cleaned up my contents, my 'what's inside'.

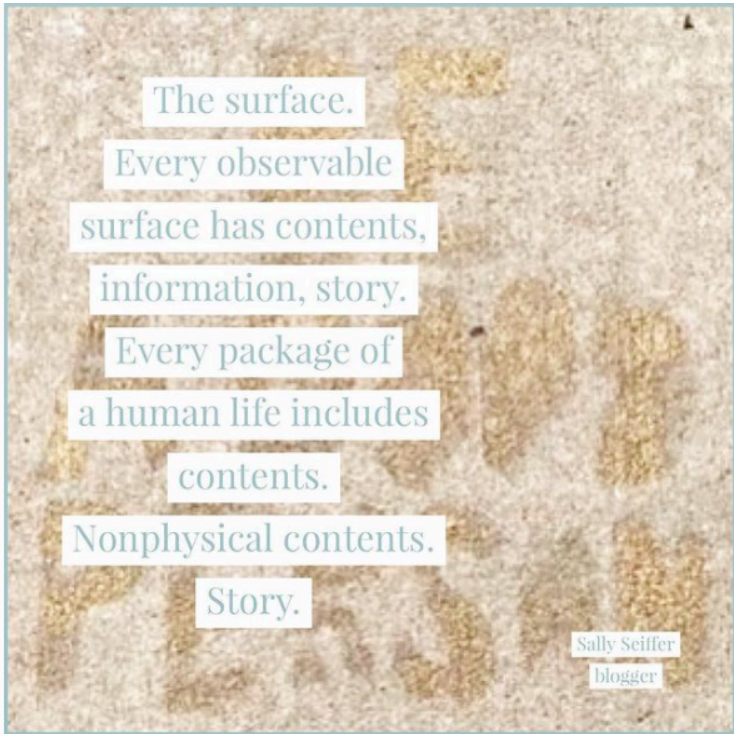
Organic. That which is closest to its source. Its origin. Clean. Organic farming is often interrelated with the word sustainable as its methods allow for lasting growth that expands as it is cultivated.

Processed. That which has been stripped from its original source. Can stay on a shelf for years. Same taste.

Often I suggest that self-care is between you and you. When it comes to new ideas and considering new ways of thinking and being in day, no one needs to know. Care about yourself enough to consider the contents of you. What areas of your life do you feel most organic, closest to your source, authentic and whole. What areas feel processed, mechanistic, robotic, disconnected.

Constant growth.

Shift.



June 18, 2021 @sallysifer #instagram

plot.

June 20, 2021



She notices the implosion of her living space.

'Again.' she thinks to herself.

Projects.

A mess.

Slow down. Do the next thing. Do it well.

It will end. And begin...again.

Transitions. Constant. Ebb. Flow.

The weaving in and out of various settings and themes of life and the story we tell. The unfolding story we may or may not be actively engaged in as a co-creative participant.

In a school setting, I use the word *transition* more than the word *shift*. Although the two words are interchangeable as far as how I have come to understand their meaning.

Perhaps the word transition is more relatable when used to describe a change related to external, or observable (environmental) conditions. The students transitioned from the classroom to the hallway.

A shift may better describe internal conditions of thoughts, feelings, impulses and urges (sensations). *Her mood shifted when she saw his name.*

Awareness of one's ability to shift can allow for a sense of control.

You may agree with the bolded sentence above. You may repeat it as a fact to others. You may write it over and over and over again in a journal.

To integrate information is to apply it and observe the results. See what happens when you experience the application of knowledge/information to *day*. Meaningful results that lead to lasting growth outcomes can be shared with others. Others can choose if they want to integrate the information you share. And on it goes. Learning. Growth. Choice.

Expected transitions can be called routines. Routines are helpful as they provide a structure.

Unexpected transitions can range from causing damage to a fun

surprise. They happen.

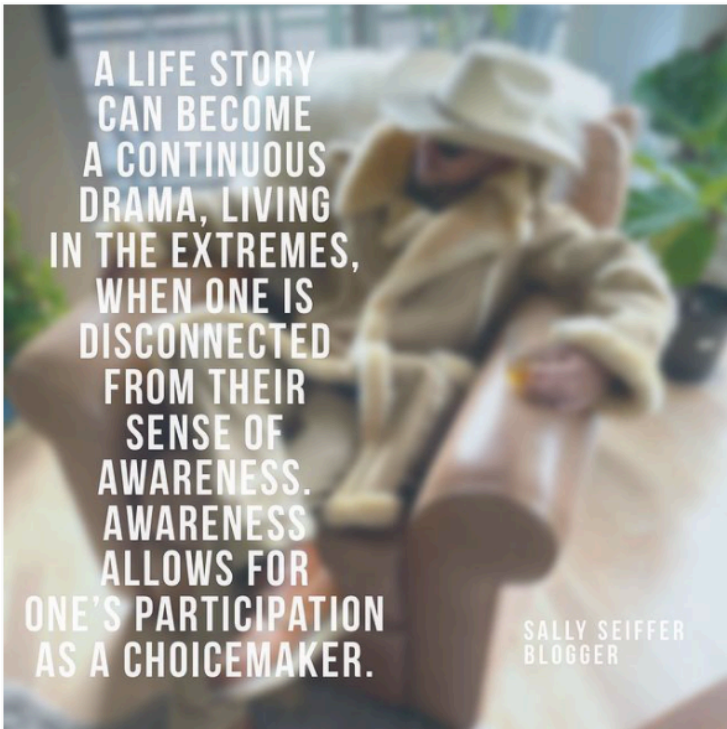
A life story can become a continuous drama, living in the extremes, when one is disconnected from their sense of awareness. Awareness allows for one's participation as a choicemaker.

Self-Care.

Care about yourself enough to notice. The noticer is aware of one's response to the continuous shifts in the unfolding story of day.

ordinary day....extraordinary way

Now this is me.



June 24, 2021 @sallysifer #instagram

beans.

June 26, 2021



Relief is a nice feeling state in the body.

If you have a moment to intentionally access a sense or feeling state of relief, it could level up your experience of this post.

Ready? Let's do it together.

Imagination and body attunement turned on.

You have a special morning ritual. It may or may not include an item such as, let's say....coffee beans. You awake in an indifferent state and have yet to bring intention to how you desire to feel as you begin the day. As if on autopilot, you go to grab the preferred item, knowing that once you have the sip ready to go you will then bring some intentionality to 'day'.

No coffee beans.

Tightness in belly shows up. In best scenario, the beginnings of

mild irritation begin to activate. And just then you see the fresh bag behind the empty jar.

If you were a color and mild irritation was gray, the relief of the fresh bag sighting just wiped you clear as the joyful colors of relief filled you up again.

The feeling state of *relief* sets one up for gratitude and appreciation. An open energetic state experienced in the body.

Pro Tip: The coffee beans did not hold the sensation of relief. The open, expansive state of goodness or wellbeing (insert word bank that includes *relief* as just one choice) exists.

Expansive: clear, open, free, flow.

There are endless circumstances, situations, and events that cue relief, yet the experience of relief is generally an open state in the body as opposed to a closed state. The open state is one's wellbeing, or energy source. The word bank also includes the sense of possibility. The closed state shuts off the valve to the flow of goodness, and cues a level of survival mode: fight (have you ever lost your shit as a result of the unexpected missing item? – uh, yeah, you know you have...), flight (door slam moment), freeze (don't want to be here), faint (back to bed, today is not happening).

Best life.

Do you desire a best life?

Here's the catch: best life is available. Best life is orienting to circumstances, situations, and events from an open state of possibility. Intentionally aligning with the open state of wellbeing, 'and then'. And then...making choices that feel good – sustainably good, moving toward discomfort with a problem solving mindset, curious about 'self/other' as opposed to criticizing/blaming/judging self or other, wondering about new outcomes, open to forgiveness, etc.

What if we humans interested in *abetterway* of living in day, began to notice the experience of an open state of possibility, as well as noticing the experience of a *closed state of survival mentality.

I learned from students that in Minecraft, two of the main modes of play are creative or survival. I also learned from students that the name of the videogame is not Mind Craft. ☒

Living day in survival mode must include an enemy. Enemies can be real or imagined. In this mode, resources are scarce and it feels necessary to acquire as much as one can for safety and protection.

Living *day* in creative mode allows for continuous growth, as well as what feels like an abundance of choice and opportunity for new, more desirable outcomes. In this mode, one is tapped into inner resources. Inner resources are naturally abundant as they exist in the nonphysical state of energy flow – wellbeing.

Notice the shifts in and out of survival and creative mode as you do day.

Do you have a preference?

Why? (your answer here can be a reflection of your belief system – a belief that you are enough...nothing to prove, nothing to acquire)

And then what (?)

You may very well have substantive evidence to support survival mode. But. What now are your options? Where do you go from here?

Consider removing the word 'deserve' from your self-care vocabulary. Best life exists. The energetic state of wellbeing.

Tap Tap Tap in...

*if you can notice the closed state of survival mode then you are the noticer, not the puppet on a string of reactivity

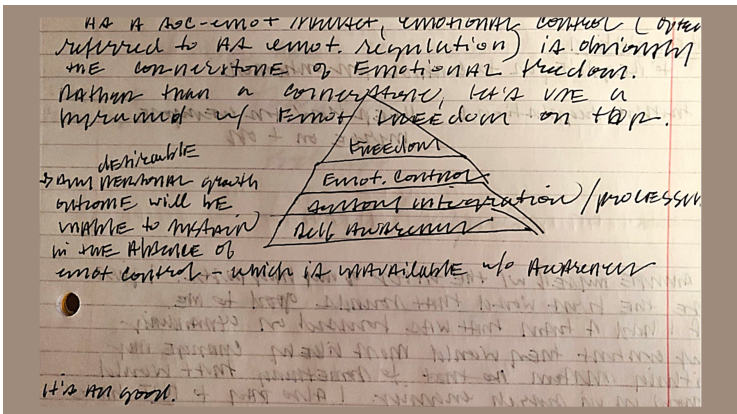


July 8, 2021 @sallysifer #instaquote

Control

amuse.

July 11, 2021



I amuse myself with the titles of my blog posts. When it comes to

Search Engine Optimization (SEO) it's not amusing, but I don't seem to care.

Not only do I title my posts in the least advantageous way to increase views, I pay to not have advertisements. I don't like reading articles that have advertisements all over the page.

I like to think I am creating my own organic algorithm. #no-logicinthis

The content theme for July is *emotional control*.

As it relates to an executive function (an inner resource used to execute growth outcomes in day), *emotional control* is paired with the EF skill *shift*. According to the assessment tool/resource I am referencing (BRIEF-2 Behavior Rating Inventory of Executive Function), Emotional Regulation includes one's ability to shift (see June posts) and then to control one's emotional response to the change, or shift. Regulating, or controlling, the emotional response would be *emotional control*.

Go ahead and swallow that. Digest.

Now.

Consider.

In general, how much control can one have of something they are not aware of (?)

Awareness is the most valuable resource related to quality of day.

Awareness is a gateway to emotional control, and ultimately emotional freedom.

Emotional freedom is a relative term. Don't get hung up on it. Freedom is a sensation likened to possibility and wellbeing.

Back to awareness.

Awareness of one's thoughts, feelings, and impulse/urge to respond with action/inaction (behavior). Awareness of your own data and the results that continue to show up.

Are you stuck or spinning in a version of same?

Do you want out?

The awareness of the limiting pattern is the key to liberation.

In part three of the *attached resource there are basic tools to support growth in awareness. This is mindfulness. The amount of content available to grow in one's inner resource of awareness is plentiful.

...but if one is not aware...👤

*The Story I Tell: How to make the Age of Disruption work for you.



July 15, 2021 @sallysifer #instagram

broke.

July 17, 2021



Warning: This blog contains an opinion based on personal observation and experience that may or may not be relevant to your observation and experience. I try to generalize big ideas in broad context to create connection and meaning to lead toward sustainable growth outcomes. No ‘bad guys’ here.

Hospitals and the people who work in them are amazing.

I was mesmerized by hospitals as a kid. I may or may not have exaggerated symptoms at least once to visit the emergency room. I was also the kid who wanted to break something – arm or leg preferably. And this was even before neon color options for casts were available.

I broke my nose in ninth grade during softball tryouts. Imagine a full in/out field. Coach batting a variety of fielding opportunities. Apparently I really wanted to make the team. I ran from second base to shortstop to catch a pop up. The shortstop caught the ball in my nose. The pain wasn’t anywhere near what the multiple

novacaine shots inside my nose felt like the next day to move it back into place. We left for Spring Break in Florida. The glory I anticipated of a cast experience got blocked by a nose shield that looked like a sunburn protector. And then add the sunburn. 1986.

#nevercool

Life/death scenarios happen. Not often. Yes? But they can/do happen. Thank you hospital. THANK YOU.

Like everything, the hospital is a part of a whole. It is a system. When used as intended it is magnificent. If the hospital system is considered a whole, there are parts to it as well.

Nutrition. Rest. Fresh air. Mutuality. (Mutuality meaning balanced human interaction, rather than patient dependent on staff). These things may not be prioritized when it comes to short term results. What about long term?

I wonder about the human nervous system. Is the intended use of a hospital system like the 'intended' use of one's stress response system? (fight/flight/freeze/faint)

The connection I would like to make is that the hospital can save a life. The intensity of a hospital setting is a function that effectively serves an intended use. To say a hospital is useful is a gross understatement.

When I consider the essence and experience of wellbeing related to daily living, the things that come to my mind that support

this state were not needed to save a life, but necessary to have a life.

To live day at an intensity likened to a hospital setting can maintain and support life.

Is the object of human life to live, or to not die?

What things support the living? What if we did more of these things when able?

Maybe we can appreciate external resources, while at the same time choose to contribute to and grow what is present and available when one is present and available to it...the goodness.



July 22, 2021 @sallysifer #instaquote

sync.

July 25, 2021



I love software updates. I love knowing that I have the most current update available on my iphone and my macbook. When I keep my devices updated, I feel as if they operate more efficiently – especially when it comes to editing, uploading, and publishing content.

Even though my macbook is a lot older than my iphone, when I keep them both updated it seems they work better together, as best they can.

Software updates are necessary for computer applications and systems to operate at their highest level – accessing full capacity of what is available. When systems are kept updated by integrating and applying new information, there is better flow. Better flow allows for a sense of competence and ease in completing a desired outcome, ‘doing a job’.

Each day, we humans take in a lot of information. We learn a lot. We see things differently. We problem solve and create

helpful solutions that last when we integrate and apply the new information.

When we slow down and rest, we allow our intelligence to update.

When we update, we operate more efficiently. We sync with others who update. We flow and allow for ease in knowing there are solutions available and growth is a healthy outcome of discomfort and dis-ease.

Emotional control is the executive skillset for July. It is much more difficult to write about than I anticipated.

To benefit from one's ability to control emotions is to slow the fuck down (STuFfeD) and be the noticer of your own split energy. Not anyone else's split energy. This is SELF-care. Care about yourself enough to be the noticer of your own split energy. Integrate and apply the new information to update your nervous system. Rest. Reset. Begin again. And again. And again. Grow.

You know what split energy is. Oh you know. Split energy is the opposite of authenticity. Split energy blocks flow. Split energy leads to too much, not enough, stuck, spinning. Split energy of those perceived to have power over another (such as parents/kids, teachers/students, boss/employee) is what often lies underneath what is perceived as problematic behavior in those we desire to control (distrust, sneakiness, manipulation, fights, arguments – and the unsustainability of new programs and procedures). Human beings, no matter the age, are not robots and do not thrive in inauthentic, controlling environments.

Split energy is why blaming, criticizing, and judging self or other never leads to lasting and sustainable outcomes. Outcomes that reflect growth and update themselves – continuous improvement.

Split energy is a frequency of energy (emotional state) that is not calibrated to the energy source of wellbeing. We block the flow of wellbeing when we push against new information and ideas. We block its flow when we disallow growth and turn our back to updates.

What is split energy?

Saying one thing and doing another.

Feelings and beliefs lived out in opposition.

Living a lie. Held emotionally captive. Often responding to symptoms this toxic formula creates, yet mentally blocked to the true cause.

Repeating external dialogues that are set on repeat, but haven't been updated in decades (centuries?). They don't sync up.

If you read this blog regularly (or not), let's ponder split energy over this next week. Notice split energy. Sometimes (often... always) it is easy to notice the split in others. See if you can notice the noticing and let it go. Often when we notice unhealthy and limiting patterns in others, it is a prompt to notice and disrupt the pattern in our own self.

If we can get a grip on understanding split energy, we can really make gains in emotional control. The more majority with healthy emotional control will lessen the extremes in what is considered to be problematic behavior in a society.

Healthy emotional control is so satisfying and life giving. Healthy emotional control contributes to healthy environments in schools, homes, and communities. Healthy emotional control is something one can give to others by modeling its use and effectiveness in day-to-day circumstances, situations, and events. Healthy emotional control is a virus we want to share and pass on to others.

No mask.



July 29, 2021 @sallysifer #instaquote

8

Inhibit

same.

August 1, 2021



And

Just.

Like.

That.

It's August 1 and back in Denver. I have been home nine days this summer break. Being gone the month of July was unexpected.

The last ten days included what felt like continuous sensory input of natural, rustic, tropical beauty.

I always gush during morning coffee time. Intentionally accessing the gush is the whole point of my morning coffee time.

The contrast between Florida coffee time and Denver coffee time has been evident to me these last two mornings I've been home.

It has nothing to do with Denver. It's urban apartment v. poolside lounge in secluded natural setting.

The contrast was in the conditions.

But.

Take a second to allow this to soak in...

Same gush.

The uncondition.

Typically I post on Saturday. Today is Sunday and it also happens to be the first day of a new month. August is going to focus on the executive skill *to inhibit*. We'll go from emotional regulation skills to behavior regulation skills. To inhibit builds nicely upon July's emotional control.

Last week's blog examined how being the noticer of your own split energy is fundamental to healthy emotional control.

Want a more recognizable word for split energy?

How about the word *stress*.

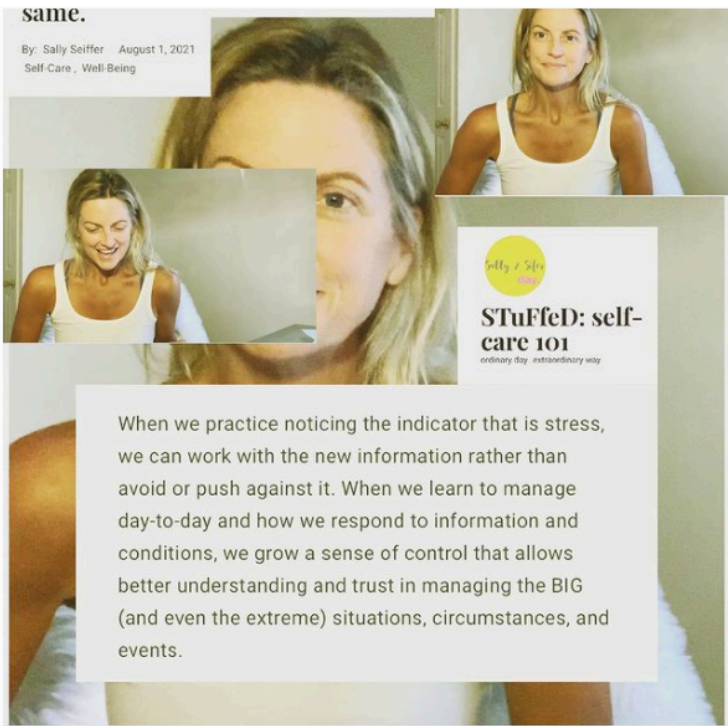
Familiar enough?

Two opposing forces create tension, or stress. When we live a life that is out of balance, it creates tension. The felt sensation of the tension exists to indicate, or warn, that we are moving outside of the equilibrium that is our wellbeing. Mindful humans notice the tension and practice skills, tools, and strategies to return to the balanced state. Mindful humans are not mad at the tension, they are curious about the feeling and what information it has for them. Mindful humans are aware that the life experience is one of continuous growth.

When we practice noticing the indicator that is stress, we can work with the new information rather than avoid or push against it. When we learn to manage day-to-day and how we respond to information and conditions, we grow a sense of control that allows better understanding and trust in managing the BIG (and even the extreme) situations, circumstances, and events.

On Sunday evenings (or early monday morning) I post to @sallysifer on Insta's IGTV, a video ramble (often/mostly/always unedited) with a variety of what I call 'nuggets' to 'chew' on for the week. The *video below includes a few clips from this past week that includes emotional control and shared humanity.

*referencing *sally&sifer* YouTube channel: 8.1.21 blog clip



August 5, 2021 @sallysifer #instagram

inhibit.

August 8, 2021



To inhibit.

Now THIS is a topic.

Actually, it's a skill. It's quite a skill.

If the well-intentioned human can wrap its brain around awareness and understanding of what it means to inhibit, then well-intentioned humans are going to make huge growth for the good in sustainable outcomes – first in one's own life experience, and then (by association) in others we influence (which could arguably be anyone we are in contact with...so...everyone?) — that's a lot of influence.

Growing up, I was the kid that never understood the jokes. The jokes were the ones that cool kids understood effortlessly. When it came to the jokes, and many other things pertinent to feeling cool – lasting cool, not momentary cool (the cool that wasn't going to be stripped away just as quickly as it was assumed to have been achieved), I was lagging.

To say I was a naive child, tween, adolescent, twenty-something, thirty-something – perhaps there could be an argument to be had for forty-something, is a gross understatement at best.

I was coded with extra. *Intensities* is what some authors/researchers who reference or study behaviors refer to as the extra, the too much. Placement can land on either end of the bell curve here.

I felt things. If I thought something was funny I didn't just laugh. I laughed hard and LOUD. As far as I can tell, I didn't mean to. I didn't do so 'on purpose'. Especially when it became embarrassing. Why would I intentionally create an undesirable outcome for myself at any age, but especially a young age when the perception of social ranking and 'fitting in' was so important to me.

At times, the *too much* may have included subtleties of an inclination to get someone's attention, most likely the attention of the poor guy I was not just crushing on – but overcrushing (ie. see intensities of behavior).

When I take myself back to the experience, best I can, and honestly assess preexisting intentions to undesirable behavior

choices that led to undesirable social outcomes for myself, it feels like I did not make a conscious choice using evidence of cause and effect that I preplayed in my brain to act in a particular way. I would say that I was lagging in my ability to inhibit my actions, better said: in some areas of my life I lagged in my ability to control or resist my urges and impulses.

A common way to understand the executive skill, to inhibit, is to refer to it as impulse control.

I'll take a chance here and assume, whether you're comfortable admitting to it or not, there is an area of your life that has, or is at times, sabotaged by a lagging ability to inhibit a particular action or inaction.

(It's too easy to interject the low hanging fruit: Do you think children have this anywhere NEAR figured out? Why punish, berate, or label as a disorder something in a young person that the older person is still trying to figure out?)

A healthy use of this executive skill is to first be the noticer of your own urges and impulses. The naming of urges and impulses can create a sense of space between who YOU are (the noticer) and how you are responding to a situation, circumstance, or event (the 'cause', the 'stimulus', etc.)

No one is a master here. I don't think there is such a thing as mastery of any executive skillset. The more one is aware of the skillsets, the more one can use executive skills (inner resources) in a way that supports one's sense of autonomy in making choices that align with one's wellbeing and a satisfying

experience of day.

So much more to say about this skill. To inhibit. Why inhibit an action or inaction? The story one tells about *the why* has a lot to do with a belief system. Is *the why* rooted in fear, or possibility?

What feels better?

A true sense of possibility is lasting. Sustainable.

It's good.

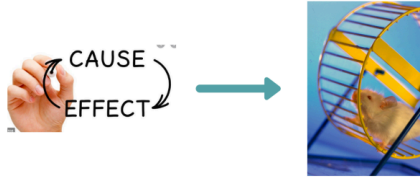


August 13, 2021 @sallysifer #instaquote

lead.

August 14, 2021

Cause and Effect can make us feel CRAZY sometimes...



There is a space between the cause and effect where I can be curious. When I am curious, I am a problem solver. Just right.

When one becomes the noticer of their inside world of FITS (feelings, impulses, thoughts, sensations) they begin to create space between who they are as a choicemaker, and how they are responding to a present moment experience.

Urges and impulses on either end of a continuum are amazing to wonder and be curious about. On one end, they exist to protect and have become so integrated into the body's defense mechanism that if we consider their force, we can do so with a sense of 'awe'. I resonate with the definition of awe as a word that is used when there is no word. Awestruck. Filled with a sense of awe. And then there's one more that really hasn't caught on...awesome (?)

On the other end of this continuum, urges and impulses could be connected to the *something more*. To my mind, there is no 'could be'. There is a collective consciousness in the nonphysical realm that exists as the ultimate support system. So much more going on in the various roles we play in this life experience.

Artists and athletes speak of the nonphysical collective quite openly it seems. Tapped in. Turned on. More. 'I was in the zone.' 'I don't know how to explain what happens.' 'It just came to me.'

And then there is what lies between these two ends.

We don't roll solo in day.

Let's imagine that each of us has a force field of awesomeness that radiates outward from the heart space in all directions, about 10 feet, creating a sphere. An energy field. The vibration of this energy field resonates with our present moment experience. Energy in motion. E-motion.

Now imagine all those you are surrounded by also radiating an energy field. Depending on your 'codes' and how you do your experience, and various other contributors to how you be and how you interpret how others be, you are being influenced or being the one influencing on an energetic level.

In this example, if you are bounding through life with an unexamined energy field, you could bounce in and out of the influence of other's force fields. Blindly reacting to urges and impulses that may or may not resonate with your desires and preferences. This feels like life is happening to you. And if others would 'behave' and be better choicemakers, and care more about you, then you would be happy.

What if, in this example, you intentionally took time upon awakening into a new day to orient to an energy field of choice.

The balanced one. The energy state that resonates, or calibrates to, the set point of all existence. Equilibrium. The foundation of the gush fountain. From the source of wellbeing is where the good stuff flows.

Now as you move into day, you have oriented and grounded yourself in a desired set point. You are 'standing' solidly in an open state of what is possible. You are aware that at any moment a stronger force may interrupt your coherence, but recognize that this is life. Life exists. Life is aLIVE, therefore its function is growth. Bumping up against the unexpected, feeling a sense of discomfort, responding to unplanned events, situations, and circumstances is all part of the game. Opportunities for growth. As life bumps you around, you will have moments to return to the set point. You can reflect. You can problem solve. You can choose.

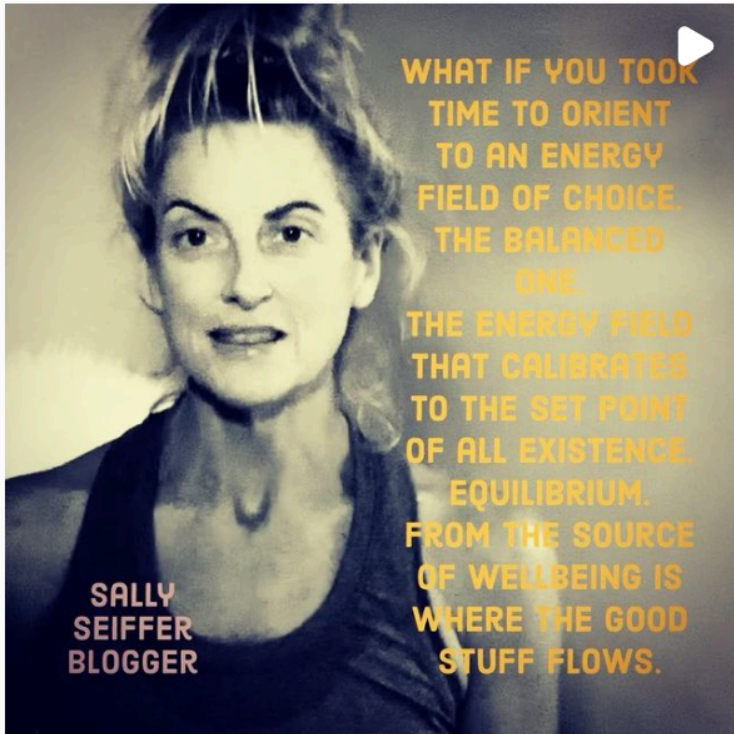
Often I will read or hear a person in the yoga/consciousness world say people attract to the highest vibration in the room.

What happens when one attuned force field connects with another, and another, and another. Do you think it's a good day? Do you think sustainable outcomes are reached?

When I OWN (observe, witness, notice) my FITS (feelings, impulses, thoughts sensations) in the NOW, I have WON the opportunity to choose. I am a choicemaker. I lead my thinking, my feeling, and my actions (impulses/urges). When I lead, I am in charge. Leaders make choices to execute well intended plans that contribute to the goodness. Leaders are executives of their lives and influence those they interact with. Humans are

born with inner resources that allow them to execute their life experience.

Executive Functions.



August 19, 2021 @sallysifer #instaquote

unique.

August 21, 2021



The lens through which I create and share content is unique as it relates to the perspective of children in a school setting.

As an adult, I have never played 'house'. I do not have children, nor have I ever been married.

I have spent a significant portion of my life in a school setting. Children grow and develop in these settings as most spend a significant amount of their childhood in a school setting.

I have now been a school social worker for as long as I was a teacher. I taught at high school level. I have been a SSW at all grade levels. As a high school SSW, it was apparent that if the schools were going to contribute to the social-emotional

wellbeing of youth, it was going to begin early. This thinking landed me at the elementary level for the last eight years.

I have observed patterns and outcomes at the high school level, and I have observed what appear to be origins of patterns at the elementary level.

As a human, I embody qualities that fit under the Social Work umbrella: Validate the 'underdog'. Advocate for the 'underdog'. Humanize. Disrupt power differentials.

Many humans embody qualities that fit under the Social Work umbrella. Social Workers value the inherent dignity and worth of human beings.

I am curious about youth culture and what it means to work in a school setting where children are growing and developing into their unique qualities, strengths, and abilities. I wonder if growing young people into their unique 'flavors' and contributions is different than parenting children. I wonder if 'parenting' children in a school setting is different than growing, facilitating, and anticipating positive growth outcomes of unique individuals.

A school setting is a place where children can grow and develop into who they are here to be.

So many sweet spots.

All humans are born with unique skills, talents, and abilities that contribute to greater good. The gifts are already inside.

What is the difference between parenting in a home setting, and growing and developing children in a school setting? Are the two settings same or different?

If one is getting paid to do a job in a school setting, is the child the client? What does that mean? Is the child part of a youth culture? Is it helpful to understand youth culture if one is serving youth culture?

Autonomy of choice. Autonomy of interests and preference. How does it grow? How does it develop?

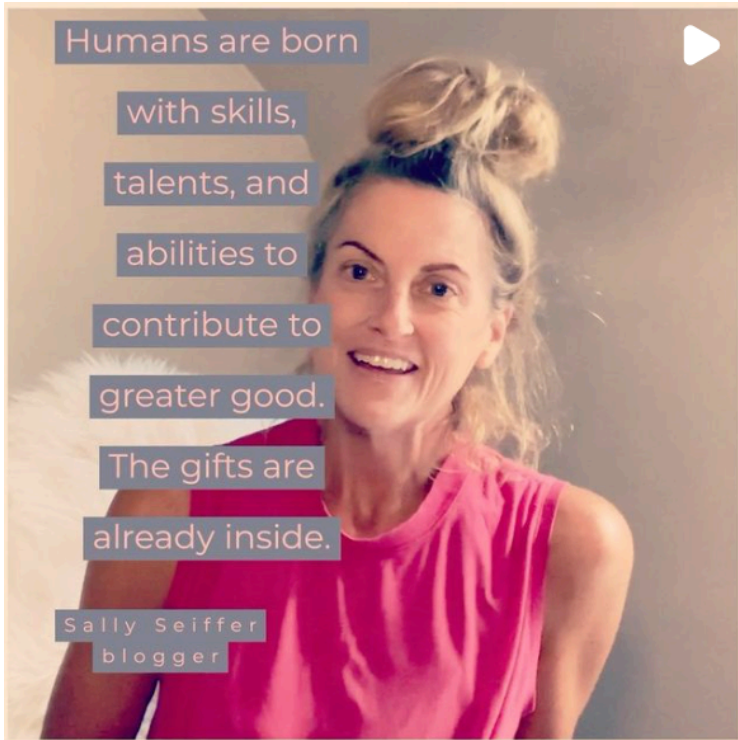
No one is born wrong. No one is born bad.

To inhibit is to restrain. Impulse control. The urge to control conditions.

What if the well-intentioned human who works with children in a school setting, or home setting, was curious about the uncondition. The voice. The inherent skills, tools, and abilities one is born with to contribute to greater good. To grow and develop the uncondition of those we serve.

Self-Care.

Care about yourself enough to recognize your own dignity and worth. Develop your voice. You have opinions. You have preferences. You have your own unique set of strengths, talents, and abilities that contribute to greater good. Grow them. The young people will benefit in the essence of one who is aligned with their truest self.



August 26, 2021 @sallysifer #instaquote

why.

August 28, 2021



know your why.

“lose your inhibitions”

“take off the edge”

“she/he/they are uninhibited”

Let’s wrap this month of examining the executive skill *to inhibit*, by wondering about the possible social norming of ‘appropriate’ inhibitions.

There may be a potentially unexamined social narrative encouraging the inhibition of certain behaviors. Social behaviors can include topics of conversation, sharing unpopular feelings, sharing a difference of opinion, sharing inquiring thoughts. An unexamined code of how to politely interact with one another.

There may also be a conditioned hierarchy of social power that may have everything to do with money and acquisition. Watching any ‘royalty’ show can demonstrate very clear levels of

worth and importance. These social structures, when examined, can include a broader understanding of the origins of caste and race. Examining the origins aids in understanding current implementation of social policies that created, and sustain, social imbalance: access to adequate employment, education, healthcare, and housing.

Being the observer, being the witness, being the noticer (OWN) of your inside world of Feelings, Impulses, Thoughts, Sensations (FITS), can expand your day to day experience by disrupting social inhibitions that when unexamined could be unintentionally supporting hierarchies of social power.

This can happen when we orient our behavior choices (actions or inactions) to make others happy. This can happen when we orient unexamined beliefs that we are born into planet earth to make others happy FIRST. Others of whom we may arbitrarily place in positions of power.

Sweet spots all over the place. I may be inserting a lot of personal beliefs. (#myblog). The intended outcome from a self-care lens is to examine personal assumptions of social power and how we may limit ourselves by 'trying' to live up to unexamined standards we assume others in positions of power (we define this) are setting that reflect our value and worth.

stay with me.

When we become the examiner of our inside world we align and resonate with a sense of balance and equilibrium, wellbeing. When we orient from this space our inhibitions are more gen-

uine, more attuned to our truth of how we want to show up and express ourself.

Service to others is a natural outpouring of goodness. It feels good to genuinely validate another's experience and want good things for the other from a sense of mutuality, shared humanity, or the popular win-win attitude.

Simon Sinek's book *The Infinite Game* (which I haven't finished) does a good job (I think) of delineating between finite games (ex. football) and the infinite game of humanity where win-win is the ultimate win. Win-win is really a mindset, an energetic state of equilibrium. A state that intuitively transfers to wanting for others what you want for yourself, which is most likely some version of freedom and possibility. The opposite of this could be an (unexamined) mindset of which acquisition and wealth will win YOU freedom and possibility, and then the split energy of fear and doubt making it seem like the 'other' could take it away from you at any time – a finite amount of goodness that is acquired or earned.

What do healthy inhibitions look like, feel like, sound like (?)

Am I depending on (_____) to be my truest self? why?

Here is a suggestion for self-care. If you enjoy _____ to take the 'edge' off, see if you can practice settling your inside world first. OWN the present moment: witness the FITS, name them. And then do what you were going to do.

notice joy.

What does it feel like to enjoy yourself, to enjoy 'other', to enjoy an experience – situation, circumstance, event.

What does the pure essence of enjoyment feel like? how does it show up in your mind space, heart space, belly space, muscles, skin? (ie. the nervous system response)

OWN it.

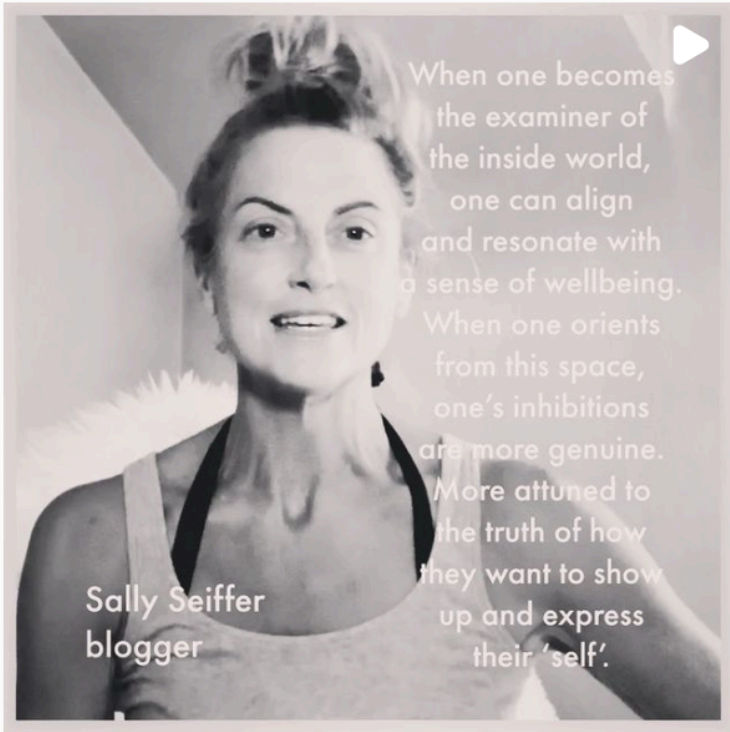
(enjoyment lives in the state of equilibrium. this is a regulated state. this is natural. enjoy yourself. it ripples. it trends.)

What does an ability to inhibit mean to you?

What story do you tell about impulse control?

What does it mean to release one's inhibitions?

Why?



Sally Seiffer
blogger

When one becomes
the examiner of
the inside world,
one can align
and resonate with
a sense of wellbeing.
When one orients
from this space,
one's inhibitions
are more genuine.
More attuned to
the truth of how
they want to show
up and express
their 'self'.

September 2, 2021 @sallysifer #instaquote

9

Monitor

truth.

September 6, 2021



Self monitor.

An inner resource.

I tend to laugh at a well-timed 'read the room' comment. Read the room. A phrase that makes so much sense to some, and makes absolutely no sense to others. How does one 'read' a room?

Is read the room same as know your audience?

What does it mean?

The executive skill to 'self-monitor' as it relates to one's behavior (action or inaction) is perhaps unconscionable to some that one could lag in this ability.

Is one's ability to read a room and monitor choice as to how to behave, how to act or not act (what to say or not say, what to do or not do), is this ability linked to social smarts? An intrinsic measure of empathy? A sense of a shared humanity? A desire for continuous personal growth?

When it comes to growing in awareness of what executive skills are and how to use one's executive skillsets with intention for improved outcomes, requires a desire to improve. A desire to improve suggests that mastery is a relative, somewhat ambiguous, term. No one is a master.

Power.

Unexamined.

When one ascertains power over another via some defined role (job title, level of education, family position, size, gender, race, physical ability, talent) one may assume a level of mastery, or a general excusal from wrongdoing.

I watched the first four episodes of *the Chair* on Netflix. A scene in the fourth episode included a simple example of this undercurrent of excusal. Those who attain a suggested level of power over another are to be excused of poor judgment or, as said in the scene, objectionable behavior.

It seems that most can relate to the ‘excusal’ and point a finger to the one in power, but what about noticing when it’s your own self benefiting from the excusal? This happens when we refuse to own our own behavior and poor choicemaking. This happens when we argue and prove, rather than reflect and apologize for our part without excusal.

A shared humanity can recognize when one is aligned in the truth of their own aliveness. Living from a grounded center that supports a recognition of what holds meaning and goodness. Truth resonates. When one is not grounded in truth, or when one does not take the time to return to a sense of stability and trust in what is true to who they are, we bounce. We play a game. Winners and losers. A lurking danger is always just right around the corner. The object of life is to protect oneself from the lurking danger of the other. The enemy. Power is earned. Power is necessary.

Years ago I had a friend whom I observed to be happily married (ie. ADORED his partner), ADORED and enjoyed his children,

active in his own interests and pursuits, and seemingly content and satisfied in day. He had told me that when he was growing up he was a typical statistic of the times (late 80's, left high school early, illegal means to get by, addictive behaviors). At one time, I think he said he was living in his car. The spouse he ADORED (girlfriend at the time) was a cornerstone of support and encouraged him to return to his education. He enrolled in a junior college.

I asked him what he thought contributed most to his shift. He told me that he had a teacher (at the J.C.) who told him to stop lying. He did. Things changed.

OWN your shit.

Read the room. We all have shit to OWN. When we OWN it, we see in the other what we see in our self. Strength and weakness. To know one is to know the other.



September 9, 2021 @sallysifer #instaquote

pause.

September 18, 2021



I took *the pause* last weekend. I chose *the pause* because ‘never forget’ doesn’t land with me. I recognize interpretation is up to the individual. *Remembering Goodness* lands. As does compassion and love. Pushing against an enemy will not lead to freedom. There is no freedom when there is an enemy.

Pulled toward.

The goodness.

This months’ executive skillset continues with the inner resource of to *self-monitor* as a skill that contributes to behavior regulation.

Self-Care: I care about myself enough to wonder about what is underneath my limiting behavior choices.

Let’s break it down.

If behavior is an action or inaction (what I choose to do or not to do), what lies beneath is an urge or impulse. A felt sensation.



To regulate is to control or manage. To regulate a behavior is to first notice the behavior. When one begins to notice the behavior, one notices a pattern. Does the pattern lead to growth and sustainable outcomes? Or does the pattern contribute toward more of the same, a sensation of being stuck or spinning in familiar results.

Self-Care: I care about myself enough to disrupt behavior patterns that do not contribute to growth and sustainable outcomes in my experience of day.

To effectively self-monitor one's choices in social situations, circumstances, events, is situational awareness: Where am I in Space and Time. What are my context clues: Objects and People.

I just broke down a skillset that I should probably reference but I can't remember who to reference. I think it's Michelle Garcia Winner (socialthinking). The skill is STOP: Space.Time.Objects.People.

Self-Monitor: Stop and Read the Room.

 To my mind, EVERYTHING connects which is why it can be difficult to reference sources. Not to mention, I traumatized myself by works cited in grad school and I think I stubbornly defy the 'rules' in my blog posts – because I can. I don't monetize off anyone's content – if I did, I would be sure to cite and share – because of the human, not the supposed rules. 

What makes sense to me is to grow in the role of the observer: to observe ‘the room’ as if you are watching a movie with character roles and background settings. The setting is ‘space’. I interpret ‘time’ as what is it ‘time’ for? Is it time to listen or time to talk? Is it time to relax or time to act? In school (reference goes to Sarah Ward), a cue is ‘What’s your job?’ This can cleverly integrate one into their frontal lobe where the executive skills live. The ‘job title’ also paints a mind picture and allows one to shift into a particular role a bit easier. Try it. See if it works for you. And then use it with others you may be in a position to ‘teach’ – or in a position to model problem solving.

And now another reference, Daniel Goleman, whom I think shared the basic definition of Emotional Intelligence as an ability to Identify, Understand, and Manage Emotions.

What if that same strategy (identify, understand, manage) applied to the inner resource of one’s ability to self monitor?

To identify is to notice and name. (Awareness)

To understand is to be curious about the why. Advanced skill: Future thinking (S. Ward) – Since/If _____, then _____.

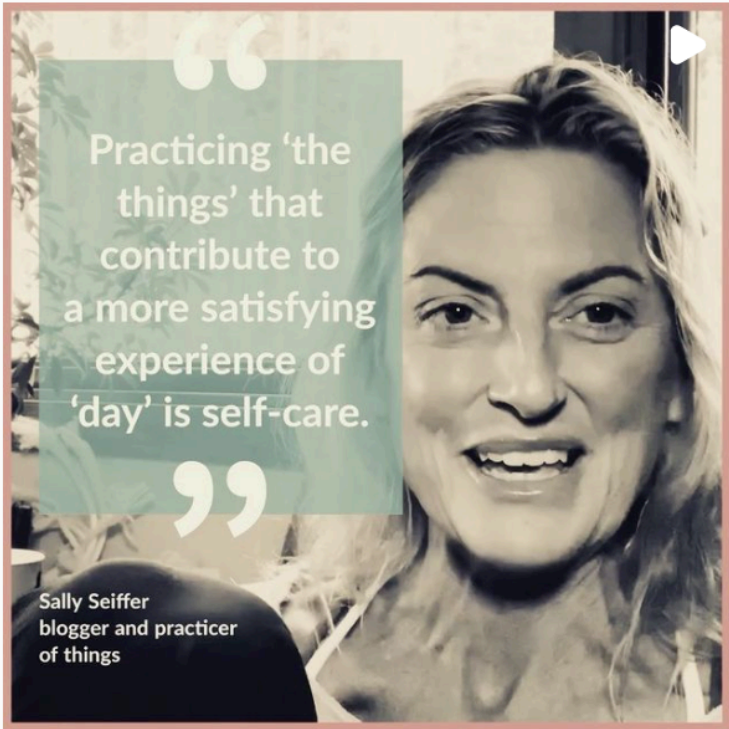
To manage is to apply skills, tools, and strategies that support the regulated state of wellbeing, or equilibrium. One example is (S Covey) – Begin with the End in Mind: to know one’s desired outcome and get out ahead of it.

Practicing the things that contribute to a more satisfying (authentic/relevant/engaging*) experience of day, is Self-Care.

Self-Care: I care about myself enough to be open to noticing my experience, and to allow a different interpretation of situations, circumstances, events (and my response to them), that levels up day. #overandoveragain

Now THIS is me.

*I have to cite JeffcoGenerations for the language authentic/rel-evant/engaging. It is their mission that every lesson plan is such.



September 22, 2021 @sallysifer #instaquote

perspective.

September 25, 2021



One familiar phrase I often use when in a position to share information is: ‘I feel the world more than I can articulate the world.’ I may say it in some settings because I’m self-conscious and I want to make sure I address my ‘qualifiers’ to avoid judgment from others. (Same thinking as when someone comes into your space and you explain why it’s messy assuming they will notice and think less of you).

Another reason I open with the statement is to align with others who have the same experience. To validate those who also feel things, but can’t find the words and feel silly when they do attempt to express themselves.

I’m wrapping up this past decade of my life and recognize that there are some very clear patterns that began when I turned forty. Dates and time frames are difficult for me. The turning of forty seems to include some specifics relevant to my own trajectory of change and personal growth.

For a variety of reasons, ‘in the beginning’ (considering a timeline between age 40 and 50) I became interested in TED talks.

I recall feeling more intelligent after watching a talk, so I wanted to watch more – especially the really popular ones. Back then I think there were several TEDs that really stood out: Brene Brown, Ken Robinson, Simon Sinek all come to mind. I’m not sure if Daniel Pink made this list, but I was introduced to him via trending TED talks.

Daniel Pink said something at the end of one talk that has continued to swirl in my mind space. He said something like: ‘it is the age of the right brain thinker, and this comes from a left brain interpreter.’

Obviously, as a human it feels good to be validated.

Another thing that happened early on in this decade timeline was exposure to a training on a program named Emergenetics. I was pulled into a ‘train the trainer’ three day intensive as part of a team I worked with who wanted to present the program to staff. I was confused throughout the training because I didn’t understand what I was part of – it was yet another experience of ‘learning to ski at Vail’. It was beyond my ability to grasp, which made it difficult and uncomfortable.

The takeaway I had during the training was exposure to what was categorized as a conceptual thinking preference. In Emergenetics world, conceptual is ‘yellow’. I am emotional as I type this. I recall this new knowledge settling into a broader understanding,

so many self-deprecating beliefs instantly illuminated. At once I felt both validated and incredibly saddened. I was 40 y/o or close and just realizing it was okay to understand the world in a way that was different than (what seemed to be) 'most'.

One explanation of this 'yellow' thinking preference: you can connect the dots no matter how far apart. This singular explanation enlightened my own sense of self and contributed to a decade long journey of deconstructing life experience as not fixing what is wrong, but rather validating what is right. You have your own unique expression.

Daniel Pink introduced me to the word *autonomy*.

The Industrial Revolution had its part in the growth of developed civilization. Mechanistic thinking is helpful. Mechanistic, or linear, thinking is not whole.

I'm not sure what inspired me to think of Daniel Pink and listen to his 2009 TED talk on motivation this morning. I wanted to relisten to the talk where he validated 'the age of the right brain thinker' – or, the age of the creative. I really wanted to validate my own reasoning and if I did hear him say that a decade ago.

Ideas that popularize do not appear in an instant. Not ideas that lead to meaningful shifts and a broadened paradigm of collective reasoning. Someone, anyone, reference the analogy of a seed planted and the time it takes for that seed to reach the surface; and then from there to grow into itself and share the abundance of goodness that was coded into the original seed.

Carrots and sticks.

Not the enemy.

The sweet spots.

Grades. Bank Account. Acquisitions.

Does a shift in perspective create a shift in one's perception of reality?

Yes. Yes it does.

You are coded for goodness and contribution to the something more.



...ENLIGHTENED MY OWN SENSE
OF SELF AND CONTRIBUTED
TO...DECONSTRUCTING
LIFE EXPERIENCE
AS NOT FIXING
WHAT IS WRONG BUT
RATHER VALIDATING
WHAT IS RIGHT. YOU HAVE
YOUR OWN UNIQUE
EXPRESSION.

SALLY SEIFFER
BLOGGER

September 30, 2021 @sallysifer #instaquote

10

Function

intrinsic.

October 2, 2021



I am happy to announce that I have sold my 2nd product on

TeacherPayTeacher.

I have now received a total of \$10.00.

I have two ebooks on the site. The one I sold has been available for over a year. The other, since January (I think).

If you read my blog, you wouldn't need to purchase the content. I share it.

IDC

When I receive the notification that I sold a product, I light up. Permagrin activated. I feel validated and excited. I don't think it would feel any different if the numbers were higher. Feeling validated and excited, is feeling validated and excited. Regardless of the 'cause' or 'stimulus' leading to the response.

My favorite social app is Instagram. I have 200 followers. I post a video Sunday night and a blogquote midweek. I have momentum in the content, so I mostly ride the wave with a moderate, consistent level of self-satisfaction. It feels good. Every now and then I fall off the wave and entertain self-doubt, and maybe even embarrassment when I consider the way I feel compared to the observable data. And then I get a special comment or like from someone I admire, and it goes away.

My favorite DM was from a friend whom I haven't really spent time with for over a decade. She has never liked a post to where I could see her name. Months ago I woke up to a short DM from her that said: *I watched some of your videos last night. Keep doing*

what you're doing.

It was enough. I still feel the power of the message. Validation.

I have another friend who every now and then will make a very short comment or share an emoji that could only mean that he read/watched the post or video.

Enough. Validated.

Apparently this is my post today.

My self-care ride has driven me out of depressive cycles. I feel the goodness that comes from authentic connection. A sense of validation.

My greatest win is the relationship I shifted with me. Over the decade, I programmed my own voice to affirm, appreciate, and guide my thinking in a way that continually uplifts my sense of self. It really is like living 24-7 in the most loving and accepting relationship.

Life.

Unexpected events, circumstances, and situations happen. Potential danger, threats, and challenges.

You are the common denominator.

You are the noticer of your thoughts, feelings, urges/impulses, and results.

When you OWN your experience in the NOW you have WON the opportunity to choose.

You tell the story. Is the story you tell one that is rooted in fear, or possibility?

Notice the attraction.

What lens do you view experience through. What filter do you choose?

Color your world from the inside-out. Choose the filter.

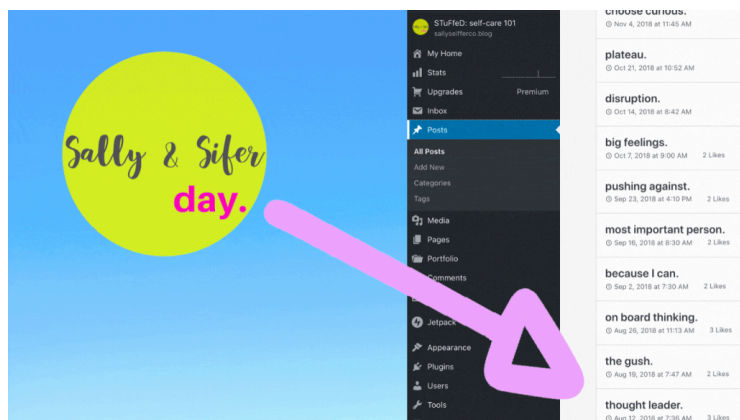
#intrinsicreward #legit



October 7, 2021 @sallysifer #instaquote

111.

October 10, 2021



I have 111 posts.

I like numbers. I notice the time on my phone. The time on my dashboard. When it is aligned I notice. It's fun to feel *the something more*. As a thinking human I get to tell the story about aligned numbers. The story I tell only needs to resonate with me.

This morning I was going to repost the first blog post of 2021. Last month, I completed the nine Executive Functions I referenced in that first post. I am uploading the nine months of posts to the Reedsy app to create an ebook. (*which is what you are reading*)

💬 If you desire to write or have the inner angst to write a book (the angst that won't leave you alone), you may be familiar with resistance or 'writer's block'. My experience is once I began posting consistently, over time it created the content to upload to a 'book'. A little secret of mine is a fun walking-dream (ie.

ideas I create when I walk that expand over time) of writing a romantic comedy under an avatar blogname. I write the book one post at a time and then do the same as I'm doing for this blog, upload the contents to a digital book. The digital books can be self-published in a variety of ways. All this access to sharing content is only going to get better. I share this for those who desire to write. It's a way to begin. It's fun and rewarding, as in my previous blog: *intrinsic*.

Back to the 111 posts.

Since the aligned 1's (111) got my attention, I decided to repost my first blog on this wordpress host. My very first blog was on google blogger (?) I'd have to dig a little more for that one.

The school program I reference in this post is aligned with awareness and execution of one's inner resources, or Executive Functions. Leader: Executive. Everything connects. The evidence to the relevance would be that the original author's work is still available – The Seven Habits of Highly Effective People. It's never the content that gets results, it's the integration of the content that leads to sustainable outcomes.

Here is the 8-12-18 post *Thought Leader*:

The Leader in Me.

The Leader is in me.

I lead my thinking.

I am a thought leader.

I remember when I first heard the term ‘thought leader’. Actually, I don’t really remember exactly when and where I heard it...I do remember thinking what a cool term it was and how cool it would be to be considered a thought leader.

“A thought leader must be a very important person”...she thought to herself...

I’m rough with exact dates...so generally speaking...several (less than five) years ago I had the opportunity to work one day a week at a Leader in Me school. I didn’t give it much consideration because it was only one day a week and I was developing my own curriculum – translation: it was a bother to have to consider other ideas.

The path of least resistance at the time (what made most sense) was to incorporate my ideas into The Leader in Me lens. It was simple. When it comes to human potential and well-being – all paths generally lead to the same discovery (it’s in you).

To those who enjoy watching the dance of life and the synchronicity of events unfold....it would be of no ‘coincidence’ that I happen to now be full time at a school that is beginning its third year as a Leader in Me school.

Disruption. A term that can be misunderstood when it comes to the digital culture we live in.

It’s uncomfortable. Change.

I love disruption. I found a deeply intrinsic source of satisfaction when I learned how to disrupt my thinking. When I learned how to lead my thoughts and create my own story.

I am a thought leader.

I lead my thinking.

The leader is in me.

The Leader in Me.

PS. I just noticed it was 10-10...another repost. #hbdsmoosh



October 14, 2021 @sallysifer #instaquote

function.

October 17, 2021

Lagging a bit on the topic for this month. Sticking to the January 2021 proposal of monthly themes based on behavior skillsets I learned on the job.

Behavior is a beast. Oh how 'we' want to quantify and control it. Oh how 'we' want to make our own undesirable behavior choices the fault of someone or something else.

Maybe 'we' don't. Maybe 'I' have it wrong.

Let's chip away at a general definition of behavior, and then consider a definition of function. I'm going to pre-pave the outcome to the latter: the function is the *why*.

Behavior: an urge or impulse to act or not act, to do or to not do.

Sounding quantifiable.

True or False. One's behavior choices are the result of an external condition or conditions.

If you answered true and you are reading my blog curious about new outcomes for yourself (self-care blog ☒). You have just stumbled upon a false belief. An openness to disrupt this belief will lead you to sustainable growth outcomes in *day*.

If you answered false, you recognize yourself as *the noticer*. The noticer is the choicemaker. A choicemaker is empowered.

Self-Care 101: ordinary day...extraordinary way, is about you. 'You' can analyze the heck out of behavior choices and how the other is responsible. 'You' can prove it 100 different ways (#exaggeration).

When your level of satisfaction in a present moment experience

is dependent on a condition, who or what is in charge? Who or what has the power?

An examiner of one's choicemaking can ask *why*?

The list of behaviors is perhaps exhaustible (?); but what lies beneath the choice? What's the function? The function is the *why*.

The Why can be defensible, but it can keep you stuck or spinning in the same result(s).

And then what?

If the response to *and then what* has you stumped, here is an opportunity for disruption by considering a healthy response to *and then what*. A healthy response would not cause harm to self or other, and would contribute to sustainable growth outcomes (SGO). SGO's build on themselves – this would be the opposite of stuck or spinning in same.

Let's ponder these nuggets.

I'm typing directly on my phone outside and am noticing what might be a gnat situation.

I need to exercise choicemaking.



October 21, 2021 @sallysifer #instaquote

sculptor.

October 23, 2021



Imagine a HUGE, life-size, chunk of an interesting stone. By life-size, I mean the HUGE chunk is large enough to encapsulate your physical size. The stone needs only to be of interest to you. The chunk of stone is AS beautiful as it is NOT beautiful. The beauty is not necessarily the attraction, rather the attraction is the inner sense of *the something more*. The felt sense. The value of the stone is in the power and possibility that resonates with you. Only you.

The valuable chunk of stone represents you. You are the noticer of the stone, and the noticer of the intrigue. You are the noticer of the radiant power felt when admiring and observing the stone. You notice the essence of *the something more*. You notice a sense of inspiration not only by observing the stone as is, but also inspired by a sense of what can be – possibility.

You are the everything and the nothing.

I think this is called dualism.

Since you are the noticer, you are the sculptor. To use a more familiar metaphor, you are the hands in the clay...and the clay.

My attempt at creating a visual metaphor to begin this blog is to affirm value and worth definitively before examining problematic behaviors. One is sourced with value and worth, yet sometimes, unintentionally, one's hands in the clay, or chipping at the stone, can lead to limiting results that keep one stuck or spinning in a familiar pattern.

Groundhog day.

Disrupt.

Let's go.

In a school setting, one behavior strategy I learned is called Competing Pathways. As best as I understand it, the formula is based on narrowing down a problematic behavior and interpreting its function by analyzing frequency, intensity, time (duration). Oddly, I learned this same formula when in undergraduate school to become a physical education teacher. To improve health/fitness outcomes was to change one element: how often, how hard, how long.

The curiosity to examine the behavior was to result in a data-driven decision about the function of the behavior. A data driven decision is not personal. A data-driven decision is information, not ammunition. OPB (other-people's-behavior) can be deeply personal.

The-Story-I-Tell

I learned from the multiple (at least three) professional development trainings I attended in a somewhat desperate effort to wrap my brain around what a Functional Behavior Analysis was, or better yet: to grasp some level of conceptual understanding of how to improve behavior outcomes in students; I learned what are considered to be the basic functions of problematic behavior – avoid/escape, peer/adult attention, obtain tangible/intangible, or an autonomic/sensory response.

To sum up the Competing Pathways formula: a maladaptive behavior exists in a particular setting. The same behavior may be perfectly adaptive in a different setting. An event, circumstance, situation, or sensory experience (loud noise, bright light, tone of voice, texture of food, etc), is the stimulus (ie. trigger). This is called the antecedent to behavior. It is what is observed to happen right before the behavior. The antecedent tees up the behavior.

And then what happens?

Relief? A sense of power and/or control? Satisfaction? Acceptance? Validation? Freedom?

The *and then what* is reinforcing the behavior.

The Competing Pathways is to recognize the maladaptive pattern and to replace the problematic behavior with an adaptive/non-problematic behavior to achieve the same outcome: a sense of relief, a sense of power and control, a sense

of satisfaction, a sense of acceptance, a sense of validation, a sense of freedom, etc.

Nuggets to chew on folks.

OPB can be highly personal.

Disrupting behavior patterns that contribute to more of the same defeating outcome of which you are the common denominator, can lend itself a greater contribution to the shared humanity.

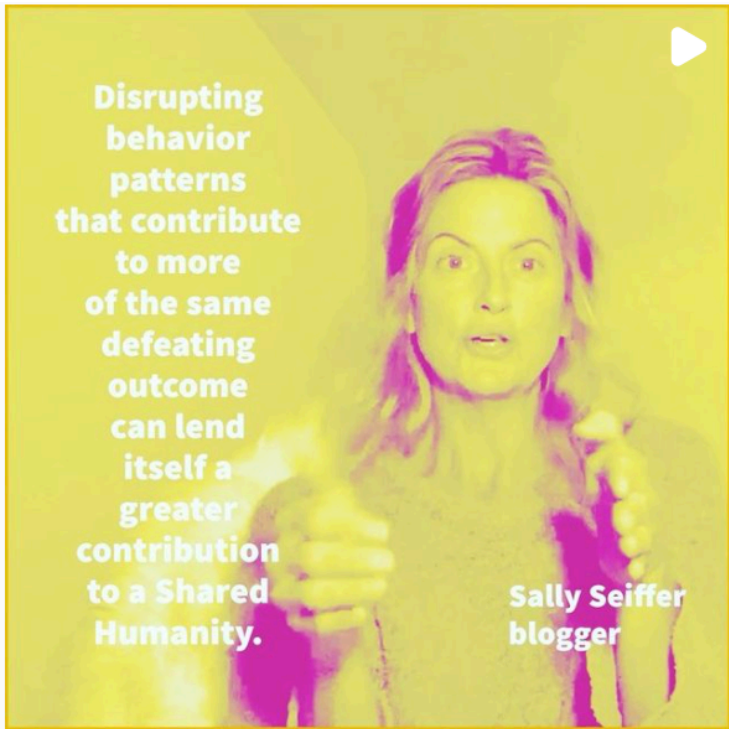
When we see in ourselves that which is vulnerable, that which can improve, that which is not satisfying and is contributing to lagging outcomes in day – we can connect to the other in a way that is not personal.

Like you, I too, know what it is like to feel stuck or spinning in a limiting pattern of undesirable results.

This month is function. November is replacement. December is plan.

An openness to chip away at the ever-present beauty within.

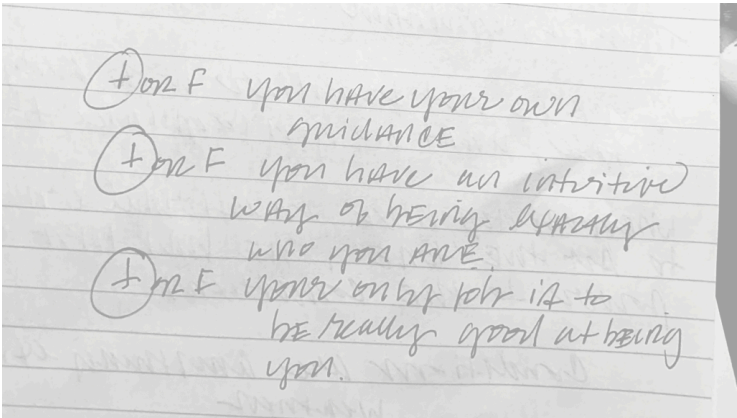
Like you, I too, feel good in the essence of the something more.



October 28, 2021 @sallysifer #instaquote

costume.

October 30, 2021



To resonate with words.

To calibrate to a belief system.

When it comes to human potential, I believe in that which is inclusive and loving.

All humans are born with guidance.

All humans have an intuitive way of being exactly who they are.

All humans benefit from daily attunement, resonance, calibration to what feels right and what resonates with their own sense of self.

Slowing down to return to your own sense of balance and equilibrium is a good idea.

This is self-regulation.

If one is not familiar with a regulated state, what does one regulate to?

When one depends on external conditions to 'set the tone', one has just relinquished power to the conditions.

Conditions are anything external: weather, traffic, news, partner, boss, employee, teacher, student, parent, children, bank account, stock market, grades, job, school, etc.

You set the tone for you by calibrating to a regulated state first... and then _____.

You are the only one who knows what it feels like to be regulated: not too much, not too little, just right. Open, clear, stable.

When you tell the story of the external conditions being responsible for your internal state, you continue to fight/flight/freeze/-faint (dysregulated) in response to the conditions not giving you what you want (regulated).

You set the tone.

You calibrate to the goodness.

You resonate with the uncondition.

You tell the story.

You have your own guidance.

You have your own way of being exactly who you are.

Self-Care?

Practice being really good at being you.

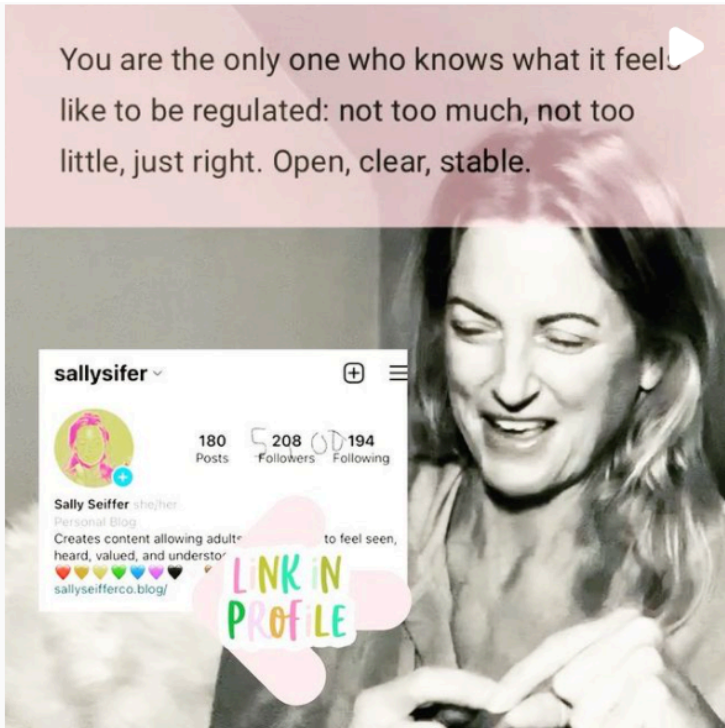
And then _____.

When you recognize this power, you are empowered.

And then...you recognize all humans are sourced with the same thing.

Win-Win.

The infinite game of a continuous self-evolution.

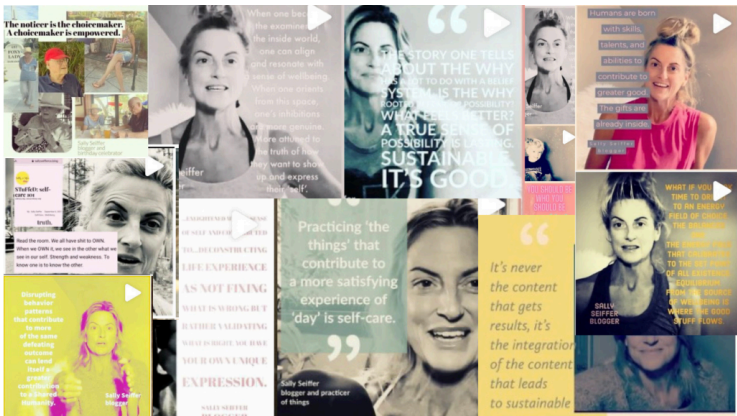


November 4, 2021 @sallysifer #instaquote

Replacement

replace.

November 6, 2021



I have told the story (on some platform) of the moment-capture

I had with my youngest nephew after we spent a full day celebrating my mom's 80th birthday. He must have been four and a half. I found myself upstairs with both my nephews sitting cross legged on top of the pull out couch. They had just gotten into their pajamas and were snuggling into some milk and a show to chill out before bed. All my nephew said quietly to himself, as he was about to take a sip of his milk with eyes on the screen, was "happy". I think I remember it because it captured exactly what I was feeling. It was a simple moment. He labeled it: happy. No more. No less. Just right.

Happy.

This month is themed 'replacement' and it builds off of last month's theme 'function'. Our subject is the metaphorical elephant in everyone's 'room' that is somewhat ever-present, yet mostly goes unacknowledged. Behavior is often the underlying enemy, the lead finger pointer, to the problem. Behavior choice is the ultimate 'other'.

"What do you want?" the student is asked as they share the problem of the other. "I want it to stop. I want it to go away," the student responds through tears.

Behavior. Mine or yours?

If it would just go away.

Then.

I'd be...

Happy.

Who or what now has the power of your feeling state?

The other.

And you very well may be your own 'other'.

It's a tough topic. It seems to be the same dynamic across settings: 'If _____ could just _____ THEN I could _____.

Who or what has the power?

You are the common denominator of your life.

If the other could just stop. If the other could just go away.

In an attempt to generalize, I thought back to growing up and wondered about behaviors that got in the way of the outcomes I wanted to experience. I could share stories and add context, but the three common denominator 'urge/impulses – behavior' were: jealousy, overeating, and gossiping.

Jealousy: comparison, scarcity mindset, not enough

Overeating: addictive in its nature as it was incessant 'consumption' that was never enough

Gossip: felt so good – connection, validation, relief and satisfaction in the complaining and blaming...but like the consumption

– never lasting, never enough

‘The parent’ did all the right things in response to my behavior as I was growing up: Jealousy? (‘just be yourself sally’), Overeating? (all the wholesome foods available, home cooked meals and baked treats), Gossiping? (quietly spoke a dialogue under her breath that was ‘the nice thing to say’ as I had no problem gossiping on the phone in the middle of the kitchen – to my mind, I was just talking).

The external environment was cued for healthy outcomes. Why the unhealthy behavior?

The inside world. The patterns. The ancestral codes. The thoughts and the story they told of not enough.

Self-Care.

Care about yourself enough to wonder about limiting outcomes that continue to circle back and disrupt the experience of day. Notice the desire to complain, blame, criticize, prove, or judge. Is the finger pointed? These behaviors are clues to an-other.

Disruptive outcomes can be disrupted.

You are the common denominator.

Is the-story-you-tell giving away your power to the other ?

What if you told a different story?

What story do you tell about happy?

Notice happy : Clear mind. Open heart. Stable belly. Not too much. Not too little. Just right.

Enough.

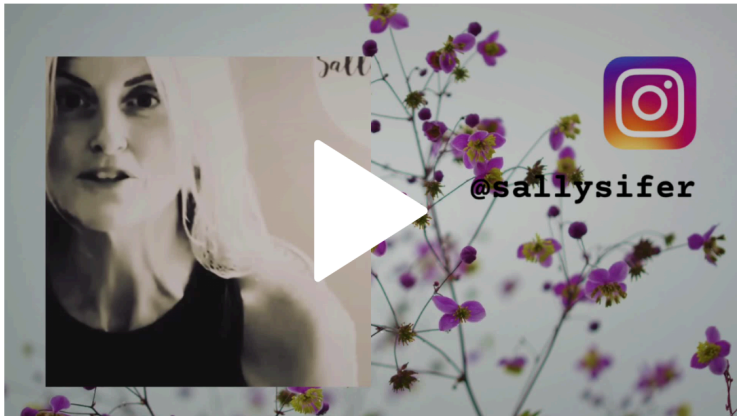


SALLY SEIFFER
BLOGGER
AND HAPPY
NOTICER

November 11, 2021 @sallysifer #instaquote

inside.

November 14, 2021



Oh. Em. Gee.

Behavior is a tough topic to generalize.

The theme this month is replacement. In the context of behavior, it seems a rather simple solution to replace the maladaptive behavior with an adaptive behavior, and positively reinforce the adaptive behavior until it normalizes.

✓ done.

Now what?

Let's backtrack.

Most importantly, this blog is about you. You. You. You. Only You. You are the difference maker in your life. Disrupt the ideology that in order to access the platform of wellbeing as the mainstage to live from, that 'other' (basically anything external) must change/be different OR not change/be different.

So on one hand, the external not being the way you want it is messing up your access to wellbeing (feeling good). On the other hand, the fear of the external changing from how you want it is messing up your access to wellbeing (feeling good).

Neither scenario leaves you with any sense of power. A sense of feeling powerless creates a need to control, or to give up.

Gawd these are dreary options.

The difference maker is the choice to be the noticer of the pattern that is contributing to the undesirable results. The noticer is NOT the pattern. If one is noticing a pattern, one can disrupt the pattern. If one has the power to shift their thinking in a way that opens up a state of curiosity (what if...possibility v. what if...fear) then one is now empowered.

It is wise to consider your own behavior before assuming responsibility for another's behavior.

Behavior is a tricky beat.

A visual would be helpful here.

Allow me to paint a visual picture with words.

An eyeball will be our symbol for awareness.

This eyeball sees both inward and outward.

The side view of the eyeball, just the eyeball, is suspended in a three-dimensional space with a projected view to the front (imagine the eyeball as a film projector), as well as a projected view to the back. Once again, the eyeball represents one's awareness. Awareness is synonymous with Observing, Witnessing, Noticing.

If one is only noticing the external world, one is vulnerable to the power it places on the observable forces of space and time (situations, circumstances, events) as well as the power of other's projection onto you. If you are not grounded in the story of You, the other's story of You can/will disrupt your true sense of self.

The awareness of the projection within allows one access to the inside world of Feelings, Impulses, Thoughts, and Sensations. The inside world is connected to the nonphysical. The Something More. The essence of wellbeing and possibility. This is your guidance. This is your intuition. We disempower our true self when we focus on the external projection as the mastermind of our value and worth. When we rely on observable measures for approval, we create a split from our true identity. Split energy leaves us disconnected from the source of our wellbeing. Split energy creates tension that hurts and can break at any time. Failure to recognize our true self, creates inflammation in the cells. Inflammation causes...most things (?)

Awareness of the inside world allows one an opportunity to find resonance with what feels right to You.

Notice within. Get right. Resonate. Then project the true sense of self out to the external.

Feel it.

It may make sense.

inside.

By: Sally Seiffer November 14, 2021
Self-Care , Well-Being

The inside world is connected to the nonphysical. The Something More. The essence of wellbeing and possibility. This is your guidance. This is your intuition. We disempower our own self when we focus on the external projection as the mastermind of our value and worth. When we rely on observable measures for approval, we create a split from our true identity. Split energy leaves us disconnected from the source of our wellbeing.



Sally Seiffer
blogger and
nugget teller



November 18, 2021 @sallysifer #instaquote

chip.

November 20, 2021



The Chipper.

Yep. You guessed it. The name of a workout at Orange Theory Fitness.

One can most likely guess how the workout unfolds.

If I were to apply another cutesy phrase to the underbelly of my content shares, it would be some play on ‘chipper’.

“Keep chipping away to the essence of the Nugget.”

If you understand that sentence, you are part of the just-now formed secret society of the #nuggetchippers.

Speaking of...Dax and Monica recently had an entertaining podcast on secret societies.

Speaking of.... Dax and Monica...

I like to consider myself a bit off-grid, but I think Armchair Expert is one of the top-listened-to podcasts – AND they ‘support’ McDonalds. This would not be off-grid.

Grid.

Energy grid.

How does it all connect?

Off again. Phew.

Back on the monthly topic of replacement behavior...

When I chip away at what lies beneath the essence of my own maladaptive behavior that consumed me for decades, I would name it compulsive consumption. I can go back to 8 y/o when I recall it showing up.

Compulsive consumption began and continued with food, and then drinking showed up in college, and spending showed up in my adult life.

I could tell endless stories about all three, and point fingers in every direction. But why? The short answer to *why?* could be that it feels good to point fingers and blame. But the *and then*

what? only kept me stuck and spinning in *same*.

My compulsion never specifically rose to the level of a clinical diagnosis for addiction. But my patterns matched. The intensity was probably near the need for treatment, but not quite.

The behavior pattern, or loop, connected itself to negative self-talk that loved the internal language of 'I hate you'. Spoken loud and clear to myself. The powerless feeling of the cycle-on-repeat depressed my body's ability to maintain a hormone balance which I am sure contributed to what I termed cyclical depression, as it seemed to match my monthly menstrual cycle. I'm not exactly sure what's true.

What I do know is that I disrupted the cycle.

The familiar pattern can still show up, but it feels far away. There is space. I notice it. I even engage with it. It doesn't consume me like it used to. I am in charge even when I allow the pattern to play. I am super curious about patterns of behavior so I watch it. I learn from it. I also talk to myself the same way an adoring adult would talk to a beloved child or pet. I know it will exhaust itself, and I will grow in a way that continues to sustain a healthy sense of wellbeing.

The interesting thing about an addictive pattern is when you step away from it you recognize there is an opposing force to the consumption: creation.

Consumption = to consume

Creation = to create

They like to be in balance.

An existence is based on an equalizing force. An equilibrium.

We continually chip away to the goodness available in a regulated state of balance.

Here's another win-win combo: Thanks-Give.

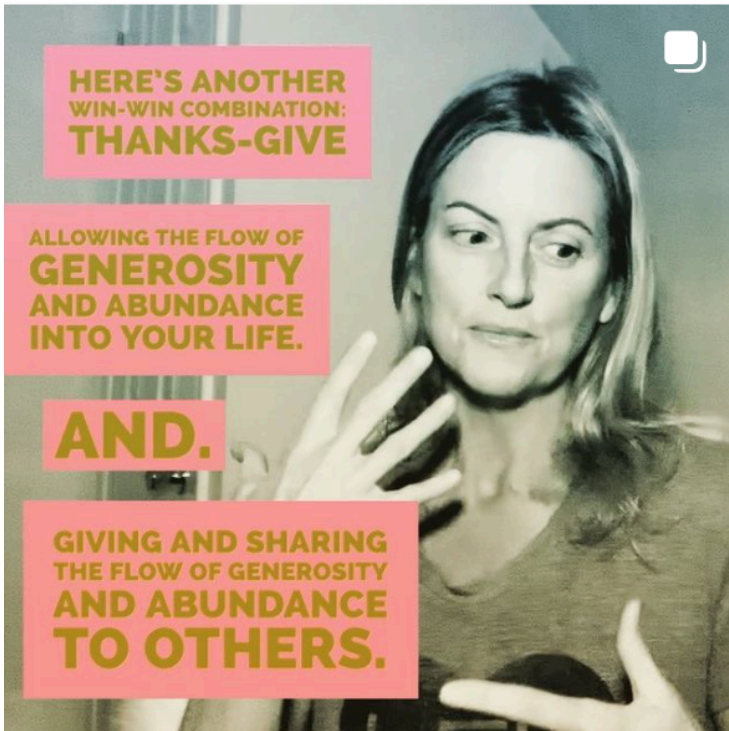
Allowing the flow of generosity and abundance into your life.
AND. Giving and sharing the flow of generosity and abundance to others.

Balance.

Not too much. Not too little. Just right.

Enough.

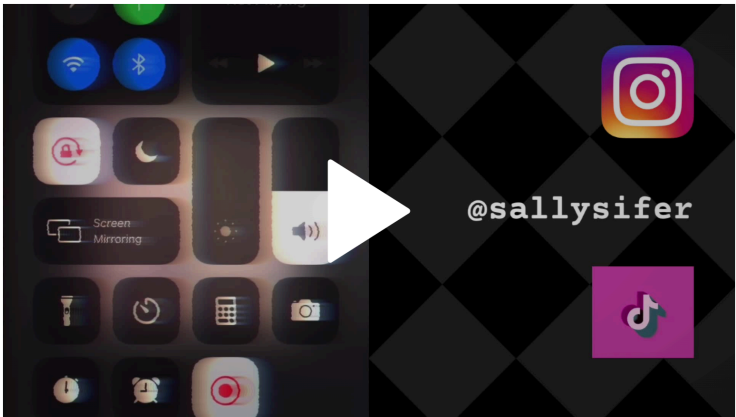
You.Are.Enough.



November 25, 2021 @sallysifer #instaquote

adapt.

November 27, 2021



I'm playing with new formats and designs for 2022. Cross fingers for audio link.

✓ done.

Today is an important post. Assuming I can align the nuggets, it's a post to savor. To sip on...and notice what flavors resonate with you.

True or False. There has to be one stabilizing source of energy.

To make sense of the next thing, the answer is true.

All living things regulate to a unifying source of energy, whether known or unknown. When connected to the source it could be named homeostasis or equilibrium.

In the space of the stabilizing source, the felt sensation can be one of balance, or a sense of expansion. The gush originates

here.

When born, it may be one's experience to unintentionally assume there is someone or something in the physical world that is the source of stability.

A pattern can form where one 'tries to' regulate to the external source of power, or the 'one in charge'.

This can begin with a caretaker, a teacher, authority figure, an organizational leader, a boss...this list is lengthy perhaps.

A pattern of regulating to an external source of power to define one's sense of self (meaning, purpose, value, worth, etc) lies in direct contradiction to the unifying source of wellbeing.

The desire to please an external power is lose-lose.

When it comes to behavior patterns, when one believes their goodness comes from external means, this opens one up to a variety of choices that align with either compliance (to adapt to), defiance (refusal to adapt to), or a disingenuous split likened to a contrived manipulation. I suppose enmeshment, and other terms that may show up in therapy, fit here as well.

General functions of problematic behavior choices: to avoid (discomfort or pain), to escape (discomfort or pain), attention-seeking (for approval or merit), to obtain a tangible or intangible reward (approval or merit).

Unhelpful behavior choices that keep one stuck or spinning in a

version of same, most likely originate from a malaligned belief as to where the goodness is sourced.

When one orients to the nonphysical stabilizing source of wellbeing, one is connected to their authentic self.

This is good.

Authentic living feels good because it is good. Authentic choice-making comes from resonance with an intuitive sense of knowing or guidance.

Attune to the goodness first, and then.



A pattern of regulating to an external source of power to define one's sense of self lies in direct contradiction to the unifying source of wellbeing.



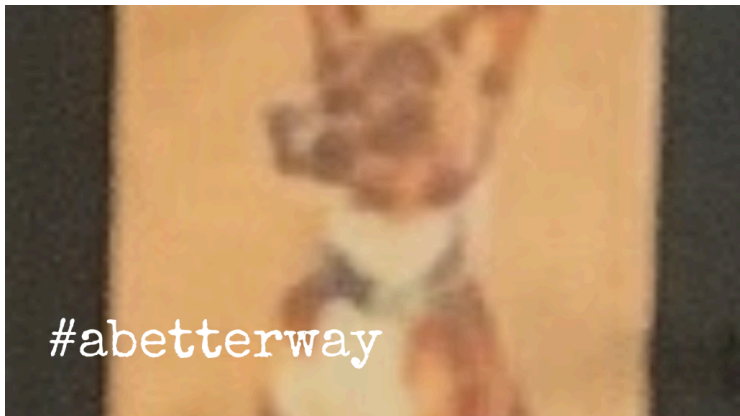
December 2, 2021 @sallysifer #instaquote

12

Plan

better.

December 5, 2021



Today's post is the first part of a prologue to my 2021 year-

in-a-blog digital book publication: #abetterway: Using Inner Resources to Create your own Algorithm.

Stop the nonsense.

To use language I originally integrated from the schoolwide SEL curriculum Leader in Me (based on Stephen Covey's 7 Habits of Highly Effective People): The leader is IN me. I am in charge of me. I lead my thinking. I lead my feeling. I lead my actions. I am a choicemaker and a problem solver. Now THIS is me.

(I since added the choicemaker and problem solver.)

It was during the time I was actively engaged in a Leader in Me school, I was concurrently engaged in learning how to use assessment tools to evaluate students for school services.

Evaluating humans for school-based 'disabilities' was new to me as a school social worker. I assume most social worker 'types' find the word dis-ability to be not all that empowering. Language can be dis-abling, as can be categories and definitions.

Differences to how a majority access the needs of a particular environment can qualify a human for resources available to 'level the playing field'.

Resources are available. Each human is a resource. When we humanize, we expand our capacity to use resources to problem solve.

A human is born to grow and thrive as they expand into their

own becoming.

The easiest way to get onboard with big ideas that can shift the collective, is to get onboard with you first.

T or F I am in charge of me.

T or F The leader is IN me.

T or F I lead my thinking.

T or F I lead my feeling.

T or F I lead my actions.

T or F I am a choice maker.

T or F I am a problem solver.

Hemet, California

At some point during the 2002-03 school year, a co-worker took me to look at some new builds during lunch. As far as I can recall, I was just along for the ride. I was 31 y/o. I had the maturity of someone at least ten years younger, and that's generous. I liked the small, simple, three bedroom ranch homes that were being built in a cul de sac at the end of a street with several sprawling established homes sitting on the edge of a cliff overlooking a riverbed that bled down from the San Jacinto mountain range and ran through, what I assume was, the indigenous land of the Soboba Indian community.

I wrote a \$100 check to buy a \$172,000 home. In the fall of 2006, that purchase afforded me \$72,000 to give to the University of Denver. I gave them all of that plus an additional \$40,000 loan for two years living expenses. The result was a Master in Social Work in 2007.

One thing I did not receive from the \$60,000 price of tuition, was a mention of Executive Functions.

I suppose I could be wrong.

To my best guess, I first heard of Executive Functions in the 08-09 school year. The school psychologist often used the term in student meetings for learning plans.

I would just nod my head as if I knew what they were.

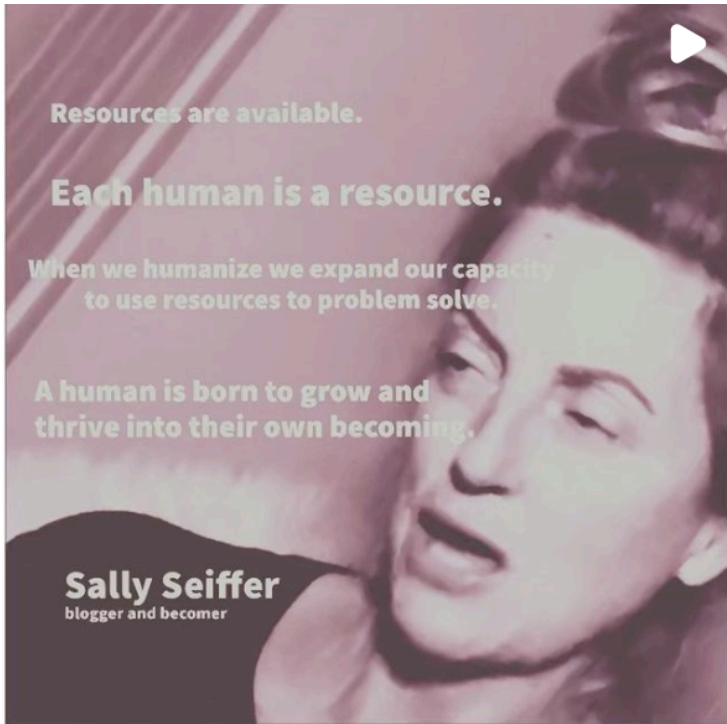
I did that for almost ten years until I once again hit the deadend of Avoidance Lane.

I learned early how to avoid the discomfort of school work by using my personality to exaggerate truths to extend deadlines or lower expectations. I also was not above paying others to do things I didn't want to do.

If you have read the book Atomic Habits by James Clear (I am listening to it on Audible and maybe 90 minutes in. I originally heard of the book via Brene Brown – Dare to Lead podcast), I created my own atomic habit. Once schoolwork became hard, confusing, or just not interesting, I spent my energy figuring out how to avoid what I didn't want to do.

My atomic habit got me through a four year college program in six years.

The habits were a misuse of my inner resources called Executive Functions.



December 9, 2021 @sallysifer #instaquote

story.

December 12, 2021



“And just like that...” , she writes... “she wonders about a better-way.”

You are a story.

the-story-i-tell.

“I don’t want to be alone.” (I desire connection.)

“I’m scared.” (I love feeling safe.)

“I’m embarrassed.” (I love a sense of confident knowing, trusting my okay-ness.)

“I don’t like tasks that seem meaningless.” (I like efforts to be connected to a bigger purpose.)

the-story-i-tell.

The story is playing itself out on the screen of life. When you take a moment to remove yourself from the screen, you can stop and become the observer. You are in the theater, sitting in the chair watching the show. You are in charge of the play, stop, pause, rewind, and fast forward of your mind screen. You can rewrite the script. You can write yourself into the script of your desired outcomes.

Feeling stuck or spinning in a version of same can be as unsatisfying as it can be satisfying. Same is familiar.

Amongst the roles we play in this 21st century experience are two competing social roles of those who may feel as if they have everything to lose, and those who feel they have nothing to lose. An inverted split on either side, torn between a sense of power-full, and the competing sense of power-less. The energetic frequency that supports these splits is a vibrational resonance of fear. Bouncing between a sense of power and control, and a sense of powerless and lack, is a resonance with an energetic frequency/pattern that is outside the wave/flow/source of possibility. Resonating with the energetic field of possibility moves you outside of the external program and into the seat of the witness.

It’s difficult to imagine how a wireless connection works. It is difficult to imagine how a television network sends energetic

vibration through channels.

signal.

channel.

clear connection.

waves.

frequency.

flow.

Somehow a sound vibration (“Alexa/Siri...could you...”) resonates to a wireless container and turns on a screen that shares content. You have the power to change the channel.

day? signals? channels? clear connection? waves? frequencies? flow?

the something more. abetterway.

Is the story-i-tell contributing to the *what if...possibility*, or is my screen contributing to the *what if...fear* ?

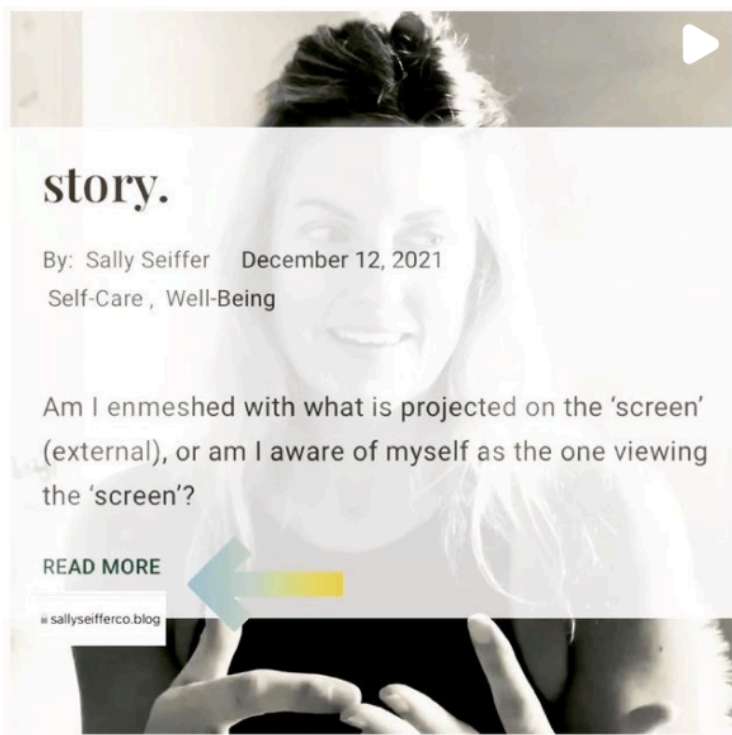
Am I enmeshed with what is projected on the ‘screen’ (external), or am I aware of myself as the one viewing the ‘screen’?

I am capable.

I contribute.

I am in control.

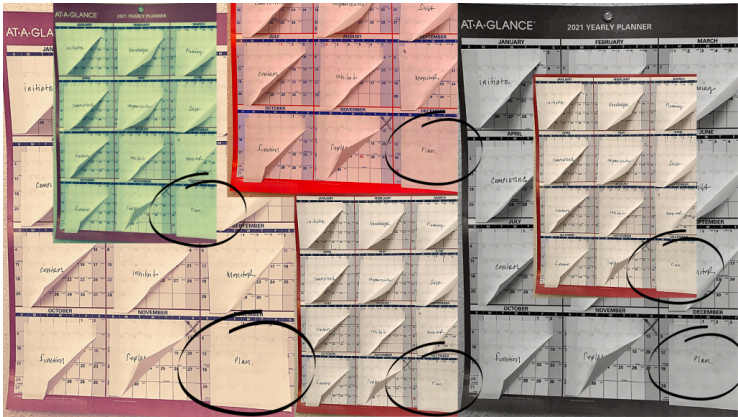
That which is essential is good. You are goodness. Goodness flows. Resonate to its signal. Allow it to channel into your experience of day.



December 17, 2021 @sallysifer #instaquote

plan.

December 19, 2021



I had a theme for this month: plan. Not to be confused with the March theme: planning.

Plan.

The word itself could trigger a variety of individual reactions. The roles we play. The archetype of the planner could bring a reader either onboard ('I love to plan.'), or create resistance in a reader ('Ew. I want to live my life, not plan every detail.').

Words.

All up to individual interpretation.

Part of my healthy transformation of day has been to intentionally use the skill/inner resource: to plan. For reference, my guess is of the variety of categories others may place me in to make sense of my contribution in various settings, the planner identity most likely is of no consideration.

I have learned that having an end-in-mind, whether it's the end of a segment of time, or the end of a work day, end of a day, a week, month, year; to desire outcomes and execute backwards from there, is as essential to one's general sense of satisfaction, as it is fun.

I recall when I first began using this skill/inner resource to transform my depressive cycles. I suppose if I were to give my depression a name, one way to label what I experienced would be existential: 'She self-diagnosed herself with existential depression.' My experience of existential depressive thinking patterns would include a general coloring of the world as grey. The theme that organized this dull state was one which defined life experience as a cruel joke.

The beliefs and thinking patterns matched an energetic frequency. Dullness, despair = energy-in- motion. As I have mentioned before, there may be many pathways or stories that arrive a person to this state, but the patterns seem similar. I often described the experience as: 'I wasn't suicidal, but I didn't want to get out of bed, so I wasn't sure what the difference was.'

The skills that supported the transformation included:

Belief. I mentioned in the-story-i-tell my Catherine Zeta-Jones

moment. I believed I could flipflop the depressive state to the expansive state – and live mostly in the expansive state, and deal with the depressive state now and then. This is why I can understand medication or other processes that support access to the expansive state. Feeling the goodness gives you an end-in-mind. You tell the story about this state. It is our natural essence. It is the vibrating energy (the pixels of you) that sources the physical and nonphysical. It exists. You don't earn it. You align with it. My guess is that any self-help, personal growth, religious or spiritual dogma, believes in *something more*.

Notice. Name. Notice the experience you are having and objectively name what is happening. The first content I created was the checkIN. This includes 8 steps that essentially grow the skill of awareness. It is the practice of mindfulness.

Quiet time. Recently I heard self-care described as child-care: do for yourself what you would do for a child to reset and calibrate, or realign, to a balanced state. Create time in your day to slow down and be. It has been my experience over this past decade, that the time will grow itself and become what it needs to. This time becomes your 'ghoul', your safety zone. No one can take away the experience because it lives within.

Plan. When you become the noticer of what you push against: Step.Away. This can be physically/literally, or figuratively. Press the pause button and slowly create some distance/space from what is happening. Notice. Name. Soothe your response. When you can do this, you can ask the *why* and the *and then what*. A justified *why* may be found in criticism of self/other, comparison, judgement and blame, or a desire to prove. However, the *and*

then what is not going to lead to sustainable growth outcomes. You will find yourself once again stuck or spinning in a version of the same pattern with limiting outcomes. You have to see where you want to go. It's one thing to know what you don't like. The alternative is to create and imagine what it is that you do like – the opposing force. What you are pulled toward. Plan your experience of day with the desired state of what you want, the end game, the done goal.

Creating your own algorithm begins with an authentic state of being, your authentic self. To begin in this energetic space will allow connection to other ideas/thoughts/situations/circumstances/events that match the state of wellbeing and authentic self-expression. Your connections will grow, slowly building new neural pathways that will eventually become a default system of what is possible; rather than continuing the familiar and well worn pathways that can lead to the dullness and despair. No way out.

A behavior plan in a school setting begins with Setting Events. What are the Setting Events, the self-care or daily practices, that when in place, the chances of you getting ahead of your own problematic behavior (see October and November posts) is highest. Imagine day. Integrate yourself into the imagined sensations of the day you desire to experience. This experience is cellular. You are aligning with the source of wellbeing. It feels good.

What story do you tell about feeling good?

Disrupt the story of fear and lack.

Be curious about possibility.



December 23, 2021 @sallysifer #instaquote

22 (blog post title included two peace fingers)

December 26, 2021



'ho ho humanity' wrote itself in her mind as she woke...

I'm a hack. I know I'm a hack. I create. I definitely create. I love to create. But I hack my way to a desired outcome. I use multiple tools and resources available to get to an end. I love what I post when I post it. Sometimes I watch or see something I posted and I don't like it as much. I let it go. I'm on to the next thing.

life?

I wrote the following content earlier this week. This is the last blog post for 2021. It's no year in review. I left the writing as it was. I like to think it prefers to be untouched. May you be eager to express the goodness vibes in you that show up to inspire and remind you of you. YOU are your only job. And only you know how to do you.

earlier this week...

One of the reasons I started posting content was because I began to notice myself arguing, pushing, ‘fighting’ for social and emotional wellbeing and its necessary place (focus/priority) in the school setting. You may have a similar experience of something that you see so clearly as a contribution to the whole, the greater good. As far as you can tell, your interest in the desired outcome is pure, one of inclusivity and greater good thinking. But yet, you are operating as if you have to fight. You have an agenda for goodness that you are pushing. So even in the broader context of contribution to the greater good, the patterns of ‘pushing’ against an enemy and the ‘fight’ still create opposition. The energy is doing it’s thing, it’s impartial. When you live as if there is an enemy to beat, guess what? There’s an enemy to beat. Goodness exists. When I was able to grow in my awareness of how ridiculous it was to ‘fight for’ the goodness, I backed off and started to write. This allowed me an outlet to share my thoughts and point of view. If what I was supporting was aligned with truth, it would grow. And the momentum of truth, goodness, inclusive thinking would expand and attract more of the same. It would grow its own algorithm connected to the momentum of that which is possible, rather than that which continues to feel like looking up from the bottom of a mountain with desired outcomes somewhere beyond it – elusive. The goodness. The good stuff. It’s available. It’s everywhere. You find what you look for. You prove your story over and over again. You attract the evidence that matches your belief.

I shorten a skillset that grows self-awareness to *notice and name*. The naming seems to dial in the present moment. Grounding the senses into the physical space of here and now.

There are two more skills to add: *allow and release*.

If you have had difficulty with managing feelings and have begun to notice the recurring patterns, the additional skills will take you to the next level.

Allow the experience that shows up without telling a story about it. Allow. Without comparison, without criticism, without judgement. Allow. Notice what is happening whether it is internal or external, name it to ground it and bring a present sense of ‘this is happening’ – fact, and allow it to be what it is. Resistance shows up here, the familiar patterns of resistance: this is where I fight; this is where I leave; this is where I freeze; this is when I give up. Allow the response.

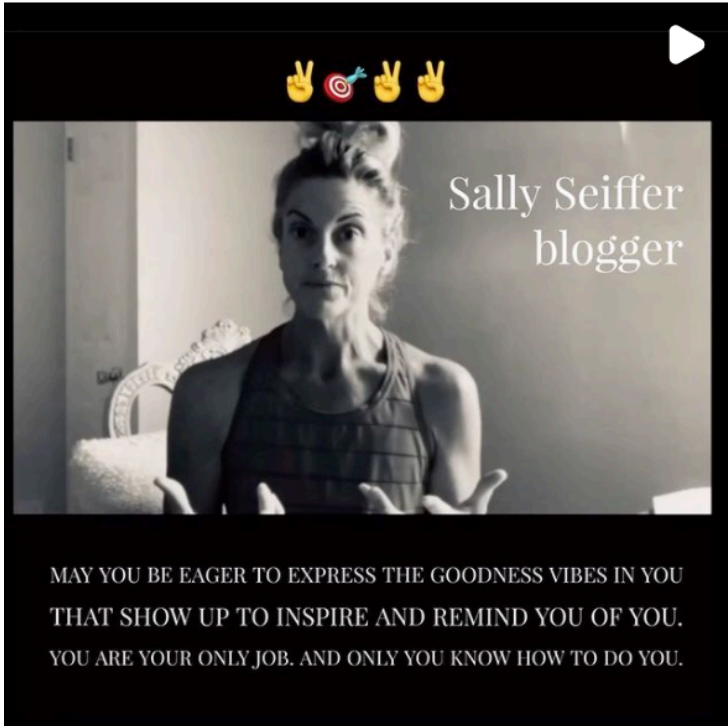
When you allow the response you release the response. The energy moves through like a weather pattern . Energy is dynamic. Constant. I imagine my body like pixels. Malleable rather than a solid mass.

‘A cell has three main jobs,’ she tells the kids, ‘to be flexible, balanced, and intact.’

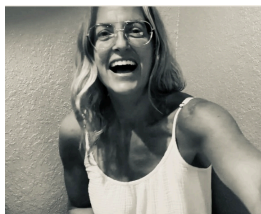
You are trillions of cells. You are fluid, connected, and hold the space of integrity. You are an evolution of continuous growth. You have a frontal lobe that allows you to be curious and wonder about what you notice. Discomfort and the unexpected or unplanned get your attention – your focus. You are equipped with the inner resources to move toward the ‘problem’ and do the next thing to problem solve toward growth and outcomes that build on themselves.

PLAN

You are an evolution of awesome.



December 30, 2021 @sallysifer #instaquote



About the Author

I am a public academic working in schools since 1995.

In 2007, I received my MSW from the University of Denver and began working as a school social worker in the greater Denver area. I became passionate about mindfulness and teacher self-care as essential interventions in response to school violence and student death by suicide.

I define self-care as caring about yourself enough to notice your thoughts and the story they tell; then choosing skills, tools, and strategies to shift limiting scripts. I have over 25 years of experience with all grade levels across three states: Illinois, California, and Colorado.

Over the last nine years, I have created several curriculum concepts that include the checkIN and Movement.Breath.Kindness. In June 2020, I published an ebook titled: The Story I Tell. How to make the Age of Disruption work for you. In addition to the ebook, there is a companion workbook that makes it simple to transfer the skills, tools, and strategies to a classroom or

coaching session. In January 2021 I published a second ebook: Something More. Connecting to the pulse of a Shared Humanity. This is my third ebook.

I publish a weekly blog at sallyseifferco.blog that is posted on Sally & Sifer Facebook Page. I publish weekly content on Instagram @sallysifer, as well as visual content that complements blog posts on the Sally & Sifer YouTube channel.

You can connect with me on:

 <https://sallyseifferco.blog>

 <https://www.facebook.com/sallysifer>

 <https://www.instagram.com/sallysifer>

 [https://www.youtube.com/channel/UCApiaMQIByH33WeuYq3Oo_](https://www.youtube.com/channel/UCApiaMQIByH33WeuYq3Oo_Q)

[Q](https://www.youtube.com/channel/UCApiaMQIByH33WeuYq3Oo_Q)

Also by Sally Seiffer

The following is the preface to The Story I Tell: How to make the Age of Disruption work for you.

No prologue goes unread by me. I love a good backstory. I love broad context to give meaning. Every 'situation' has a backstory. Every human, every living thing, every 'thing' has a story.

Context.

When we are consumed, stuck or spinning, and reacting to life we miss the context – we miss the bigger picture, the broad view. Situations become isolated events that we respond to in often very scripted or routine ways. People become the role they are assigned by the perceiver, or perceivers. People become the role they assign themselves, consciously or unconsciously, as the receiver. The roles have rules as to how we act and respond. We become these robots, these vessels of predictable routine and behavior.

This is not living. This is not alive.

In Part one, I share my early experience working as a school mental health provider. I felt powerless in response to student death by suicide and school violence. I share my aha moment that came at the end of a school year which included two suicide deaths. After receiving the news the second time, I paced my kitchen floor and questioned the silence, 'what do we do?' The answer I received was, 'Life. Sell life.'

The story goes on to tell that I realized I was not alive. I was not living. I had been experiencing a cycle of depression that would come and go every two weeks, and it had gone on for over a decade. I realized that if I could figure out the skills to get my own life back, then I would know the skills to teach others. The skills that worked. The skills that contributed toward life and sustainable growth. Lasting.

In Part two, Keeley tells a story of love, without conditions attached to the love. Great love. Keeley is a dog. My dog. The dog I received. The lessons she taught me are easy to see now that she has been dead for almost seven years. The story of Keeley represents something more. Something bigger. We all certainly must have Keeleys around us all the time, everywhere. ‘Keeley’ exists. Love exists. We just choose to open up to it.

Love transmits. It has to be received. To turn away from love and possibility is suffering.

In Part three, I share some fundamental skills, tools, and strategies that created shifts in my thinking, and transformed my experience of ordinary life. Self-awareness helped me recognize my limiting thoughts. When I changed my thinking, I changed the story. I created my own script. I chose the filter. The new story created new feelings. I felt good. And I knew why. I knew how to create it and sustain it. It felt extraordinary to be so empowered.

I have been out of the depression cycle for over three years. I publish a weekly blog, STuFfeD: self-care 101. The tagline is ‘ordinary day...extraordinary way’. My definition of self-care is to care about yourself enough to notice your thoughts. What story do they tell? Limiting stories lead to limiting outcomes. Expansive thoughts,

rooted in possibility, lead to expansive feelings and results. Results that are able to sustain themselves. Results that continue to grow, to expand. Evolve.

The practice of self-awareness, or mindfulness, allows one to disrupt stories that don't edify and contribute toward life-giving outcomes. Personal Growth content can be reduced to one primary stance: tell your own story.



The Story I Tell: How to make the Age of Disruption work for you.

My mission in all my work is to share content that allows adults and children to feel seen, heard, valued, and understood. This first ebook includes the context of my 'why', and goes on to share 'how'. I integrated the work of so many others whom contributed

to sustainable growth outcomes in my life. Please use and share generously. Available on Teachers Pay Teachers.



Something More. Connecting to the Pulse of a Shared Humanity.

A collection of the 2020 weekly blog posts. Available on Teacher Pay Teachers.