

I am looking for some particular thing if I'm picking up my phone. %%% Attention

I am not channeling my attention in too many streams. %%% Attention

I am closing mental tabs whenever possible, not opening new ones at inopportune times. %%% Attention

I am not letting frustration from one aspect of life be confused with frustration from another. %%% Attention

I am pleased by what is here now. Nothing needs to be made of this. %%% Attention

I am not waiting for someone else to do my task for me. %%% Action

I am quick to relieve postural strain. %%% Action

I do not feel compelled to finish every last bite, except by hunger. %%% Action

I am accepting of my responsibilities, fulfilling them without procrastination. %%% Action

I am pleased to apply my skills. %%% Action

I am not hesitating to address bodily needs. %%% Action

I am not piddling around too late, even if what I'm doing may be important. %%% Action

I am waking up eagerly. %%% Action

I am respecting others' time—showing up when I say I will, and not lingering too long. %%% Action

I am not indulging to excess. %%% Action

I am sharing without intertwining defenses, justifications, or accounting. %%% Relating

I am accepting of others' interpretations and misinterpretations. %%% Relating

I am offering thoughts, not straining to be understood. %%% Relating

I am enjoying not expressing my fullest understandings, not articulating all that I see. %%% Relating

I am comfortable in silence, not needing to fill it. %%% Relating

I am listening for story, not to obtain information. %%% Relating

I am leaving something for others to do, not closing the loops myself. %%% Relating

I am enjoying sharing light entertainment with others. %%% Relating

I am playing freely with children unselfconsciously. %%% Aliveness

I am dancing, playing, joking with freedom, whoever is present. %%% Aliveness

I am moving toward rascal opportunities, not held at any remove. %%% Aliveness

I am easefully creative with no need of praise. %%% Aliveness

I am trusting my responses to be engaged and alive, wasting no bandwidth in apprehension. %%% Aliveness

I am showing up steady and well-regulated, present and available with others. %%% Relating

I am accepting of the behavior and emotional state of others. %%% Relating

I am responding with compassion, even in difficult moments. %## Relating

I am updating personal understandings in good faith, even when met with distance or harm. %## Relating

I am not mourning the occasion's brevity; I am present and available to it. %## Space/Timing

I am leaving behind, not carrying, unnecessary clutter. %## Space/Timing

I am sensing what the occasion can hold, and not overfilling it. %## Space/Timing

I am plain-spoken about what I do well. %## Relating

I am not rushing to show my progress. It will imbue what I am and what I do. %## Relating

I am not telling others what they're getting wrong. %## Relating

I am enough, without any underdog story or biographical framing. %## Narrative

I am not embarrassed by my riches; or my failings. %## Narrative

I am moving on from my blunders without guilt or shame. %## Narrative

I am accepting of others' generosity and compliments without interrupting or deflecting. %## Narrative

I am acting from modesty and humility without proclaiming it. %## Narrative

I am meeting debts in non-avoidance. %## Narrative

My [Salient Garden](#) Cues
[R. Celedon-Scott](#)
2026.06.16