

What we have learned in this chapter	Your reflections
<ul style="list-style-type: none"><li>• How our mind determines how we engage in whatever we are doing, but for the most part we rarely realise this and look to factors <i>outside ourselves</i> as the causes of our experience.</li><li>• Therefore, it is important to train our mind so it can be more useful for us.</li><li>• There are two different aspects of mind:<ul style="list-style-type: none"><li>* The busy, distracted aspect of mind</li><li>* The clear, unobstructed quality of awareness that is the mind's true nature</li></ul></li><li>• Daniel Kahneman calls these two aspects the <i>evaluating</i> mind and the <i>experiencing</i> mind.</li></ul>	

- We can change our perspective from looking at the clouds from the point of view of the ground below, to looking from the point of view of the sky above.
- We need to develop a wish to change and then follow a step-by-step programme:
  - \* See stress clearly
  - \* Take it as an inspiration to change
  - \* Develop the wish to change
  - \* Take a step back
  - \* Develop self-awareness
  - \* Develop discernment
  - \* Take a fresh look at our habits from this new perspective
  - \* Choose a habit to start working on
- We can choose how we react to situations.
- We will learn more about our stress if we *lean into* it, rather than trying to avoid it, or distract ourselves from it.
- The new habits we want to establish will be supported by neuroplasticity.