DXD SERIES #7: PERSONAL DEVELOPMENT

Wellness in Unwell Times

CENTRAL FLORIDA PLEDGE

Self-management Tools

These self-management tools have been shown to reduce stress and maintain a stability that will be healthy for you and allow you to be more able to stay curious and more productively participate in dialogue across difference.

HAVING A PURPOSEFUL MORNING ROUTINE

Slowly drink a cup of tea, pray, make a healthy lunch, play wordle, connect with family, work out. By doing something we value and have chosen in the morning helps us to feel in the driver's seat of our day and not in the passengers seat or running to catch up with the car.

CALENDAR BLOCKING

Daily or once a week proactively put things in your calendar like reading, the gym, or time to connect with friends and family so that how you spend your time aligns with your values.

SPACE DISRUPTION

Get outside daily, consider sitting or walking silently and observantly, move a meeting to a different location or make it a walking meeting, visit a new park, new restaurant or community activity.

LIVE IN COHERENCE

List the top 5 things we value (could be family, education, fun, Faith, or others), now list the 5 ways you spend your time and the five ways you spend your money. The more the three columns line up show you are living a life of coherence which will bring contentment and joy.

ATOMIC HABITS (SYSTEMS OF HABITS TO MEET GOALS)

Instead of creating and obsessing over goals (like spending less time scrolling) build a system (like plugging in your phone on the other side of the room at night and not having phones at the table or on the couch). Systems are what get you to the goal. Also, lasting change comes when habits become part of your identity. For example, don't just aim to work out three days a week; define yourself as a fit person.

MINDFULNESS, GRATITUDE AND GRACE PRACTICES

Making space for contemplative practices including the arts (which includes dancing in the kitchen and singing in the car), gardening, keeping a gratitude journal mentally or written, and having grace with ourselves and others. Do you have space between your thoughts to insert spiritual discernment? Do you talk to yourself like a respectful and loving friend?

What is DXD? Dialogue Across Differences (DXD) shapes who you are as a person, friend, and leader. Your ability to listen, engage, and communicate — especially with those who see the world differently — unlocks new understanding and drives meaningful change.

The Tree of Contemplative Practices

Inspired by Contemplative Mind in Society's Tree of Contemplative Practices contemplativemind.org

REFERENCES

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Real Rabbits:
Chasing An Authentic Life, 2007 Corey Ciocchetti

Atomic Habits:
An Easy & Proven Way to Build Good Habits & Break Bad Ones 2018 James Clear