Daphne Scott Leadership

Co-Hosts: Dr. Daphne Scott and Dr. Katie Hendricks
Episode 018: How the 4 Letter "F" Word Keeps You From Mindfulness?
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Daphne Scott: Welcome to the Super Fantastic Leadership Show with Daphne Scott and…

Katie Hendricks: Katie Hendricks!

Daphne: This is the podcast devoted to supporting you in leading at the highest levels of effectiveness with the greatest levels of fun.

Katie: It's so wonderful. It always sounds like we're going to have a circus. "And first of all tonight…"

Daphne: "In the center ring…" Is it the center ring? Is that what they say?

Katie: Yes.

Daphne: Yeah, the center ring. I haven't been to a circus in so long, now that I think of it, Katie.

Katie: I haven't either now that the Cirque du Soleil has come along.

Daphne: Yes.

Katie: They've completely changed my idea of a circus, which I'm very happy about.

Daphne: Yeah, me too. Although sometimes, Katie, my life does feel a bit circus-y.

Katie: I agree, and I think our listeners would probably also agree, and that's part of why we're all getting together.

Daphne: Yes it is. Well, I'm super excited. This topic might fit in a little bit with the circus, but what we do in the circus of our lives. The topic we're going to be exploring today is mindfulness, which I was really excited about, Katie.

Katie: Oh, I'm very excited about it too. It is really interacting with some of the things I've been noticing in the media lately, too, which will be a surprise for you.
**Daphne:** Oh, that sounds really good. All right. I'm excited to hear more about that. I just came up with this topic, and I thought, "You know, this is pretty fitting based on our past four episodes when we've been talking about biases and then responsibility. How does this idea of mindfulness fit into that?" I thought that would be really fun.

**Katie:** Super-duper.

**Daphne:** Yeah, sounds good, huh?

**Katie:** Really good.

**Daphne:** All right. Good. Let's do a little appreciation. I want to appreciate Harry Poliak. He has been a listener of our show, and he has posted a couple of times, so Harry, thanks. He said, "I've been a little behind on the podcast, but I'm catching up." I really appreciated him posting that, so Harry, if you're out there listening, thanks so much. I also want to appreciate The Container Store, Katie.

**Katie:** Okay.

**Daphne:** I have these little, tiny annoyances I create. For example, as you know, I have my little studio set up here, and I have these cables, and they're kind of going everywhere. I've been doing some tweaking to my system and learning some new things. It's difficult… The cables can be fairly long, so I wrap them up, but then I have to follow them from point A to point B.

The other day, I thought, "You know, if I could just mark these in a way that didn't make it look more cumbersome and kept it looking nice…" and I walked into The Container Store, and… You know how they have the little racks where they have all of the goofy stuff you think you'd never need?

**Katie:** Right.

**Daphne:** They had these awesome cable tags that wrap right around the cable, and you can label them.

**Katie:** Oh, whoa! Yeah, to me that is such a boon. I have spent so much time unwinding cables.

**Daphne:** Yes!

**Katie:** Because they are all black, and they all look the same.

**Daphne:** Yes!

**Katie:** It's like a pit of snakes.

**Daphne:** Yes, I'm so glad you understand what I'm talking about.
Katie: I totally understand.

Daphne: So I ran home and I marked all of my cables, so I just want to appreciate The Container Store and also the creative people who come up with these solutions for life's little annoyances. I'm just so appreciative.

Katie: Oh yes, because that increases mindfulness.

Daphne: Yes it does, actually! I don't have to work so hard. Nice segue, Katie. Nice segue.

Katie: Yeah, thank you.

Daphne: You're welcome.

Katie: Thank you, and I have a special appreciation today to the Germans.

Daphne: Oh.

Katie: I have a particular appreciation for their philosophy of sports that led to them winning the World Cup. Listen to this!

Daphne: Okay.

Katie: Their philosophy requires all players to operate from "a shared awareness of the evolving whole." Everyone is required to be aware of what's happening everywhere on the field, the changing positions and the emerging spaces among their own team members and their opponents, to keep the ball moving. It's their opinion (and my appreciation) that it's their shared awareness of the evolving whole that allows them to pass the ball faster than the opposing team at times can even comprehend or react to.

Daphne: Wow!

Katie: I so appreciate having a demonstration of the value of mindfulness, particularly the kind we're really advocating, which is one of this shared space, this we space of collaboration. It can actually have really dramatic bottom-line benefits.

Daphne: Wow! Where did you find that?

Katie: I found it on The Huffington Post.

Daphne: That is amazing! I had no idea, obviously, and it's funny because we brought up sports one other time. I think we were talking about responsibility or something, what it would look like if a team just went, "Aw, why'd you do that?" and kicked the ball out of bounds or something.

Katie: Right!
Daphne: What would happen to the game? They would just stop.

Katie: And call the game off.

Daphne: Right, and call the game off. Yeah. Wow, that's really amazing. So that's how they did it, huh?

Katie: Yep, that's how they did it. Their whole philosophy is that everyone evolves this way of playing together and teaming together, and their intention is that the end result is the Germans win.

Daphne: Yeah.

Katie: So it's not that one person wins or one person is the star; it's that the whole wins.

Daphne: Yes, everyone together. You know, I think another thing you're pointing to about that, Katie, is that's not only their philosophy, but they're putting it into practice.

Katie: Exactly.

Daphne: They're really using these (what I would say are) learnable skills, if you will, learnable practices. That's one of the points I also wanted to bring in today when we talk about mindfulness, because so often we can talk about these things in a way where they sound like good ideas, good concepts.

Katie: Yeah, very entertaining. You could talk to somebody about them at a cocktail party and then go back to your automatic behavior and forget about them.

Daphne: Right. Yeah.

Katie: Because you've given mindfulness a gesture.

Daphne: Yes. You said the two big words *automatic behavior*, right? That's what we're going to be talking about today. Well, let's dive in.

Katie: Yes!

Daphne: What we're talking about is mindfulness, what the heck does mindfulness mean? What are we talking about?

Katie: Right. One of the things it doesn't mean is living in your head.

Daphne: Yeah.
Katie: A lot of people think mindfulness is the same as keeping an eye on things all the time or a certain kind of vigilance or control or living in your head, where (as I heard in a movie Robin Williams was in) all the brilliant and important parts are located.

Daphne: Right.

Katie: If we think mindfulness is purely a head activity, that keeps us from producing the kind of awareness we were just talking about that the German soccer players have evolved.

Daphne: Yeah. Oh man, that's so good, and I think that's a really important point to make because a lot of times... One of the things I've heard people say is, "Oh, I'm trying to be more mindful, but it's so energy draining," and what I imagine is they're trying to apply this super-vigilant paying attention to everything all at once, and that would feel very draining, right?

Katie: Right, right, right. "I'm keeping an eye on everything," which is totally impossible.

Daphne: Yes. Yes.

Katie: Because most of what the brain does is keep things out.

Daphne: Right.

Katie: It mostly says no to everything, so if you're trying to pay attention to everything on top of that, it's very effortful.

Daphne: Yes.

Katie: *Mindfulness* is a very popular term, and I like to think of it as really more like what we call *presencing*.

Daphne: Yes.

Katie: "I'm here and aware."

Daphne: Yes, and what I would add to that just to give some definition, a little context, here is it's a process of noticing new things. That was one of the definitions I read.

Katie: Oh!

Daphne: I thought it really was brilliant because when we talk about what you were just saying, Katie, being present, part of being present is noticing what's here now, and oftentimes that leads us to noticing new things, things we might not have paid attention to before because of our automatic behaviors, our automatic ways of seeing the world.

Katie: Yes.
Daphne: Yes.

Katie: Our automatic viewpoints and our automatic expectations.

Daphne: Yes.

Katie: I'm thinking of mindfulness as presencing, and when you're present and you're aware, you're going to really be noticing what is wanting to emerge. You have kind of an emergent awareness rather than a looking-over-your-shoulder kind of accounting for, "Where did this come from? Who did this?"

Daphne: Yeah.

Katie: "Whose fault was this?" It's kind of a past orientation. I think mindfulness gives you the ability to be fully present but also to be responding to what's just coming up so that allows you to stay current rather than catching up.

Daphne: Yeah, which fits in so well with how we talked about the ability to respond. I really got excited because I felt this idea of mindfulness and our ability to respond… Essentially, we're pointing to the same thing.

Katie: Yes.

Daphne: Yes.

Katie: It's really true how really all of these different topics we're talking about are facets of the same experience, which is your ability to be here fully and to respond to what's happening so you can continue to design your life in the direction you want it to go.

Daphne: Yes, which is so important for our leaders and our teams and people working together and collaborating to accomplish something, to bring something new to the world, right?

Katie: Yeah, to get things done, but also to innovate and keep kind of a sharp awareness to be able to create visions for the future.

Daphne: Yeah.

Katie: One of the things I love about Gay is there's always part of him that's 5-10 years in the future, and he can just pull things in from the future and make them real now. It's a great skill.

Daphne: Yeah, to say the least.

Katie: I'd say he is the most skilled person at letting go of anybody I've ever met, and that's why he does that a lot. He's not dragging a whole bunch of things around. Remember *A Christmas Carol*, where Marley's ghost was carrying around all of those chains?
**Daphne:** Yeah.

**Katie:** Well, I think when most of us are not mindful, we really get dragged down by all of these extraneous and distracting and self-critical things that really move us away from being aware.

**Daphne:** Yes. Yeah, and the burdens, all of the burdens of the things we're carrying from the past, right? They keep us away from being present, moving forward, and (what we said earlier) letting go. That's a big part of that. One of the things I wanted to talk about is... What keeps us from mindfulness, Katie? How do we keep ourselves from being present? What do we do?

**Katie:** Well, I bet I know what you're going to say!

**Daphne:** What am I going to say?

**Katie:** It's that word that starts with F.

**Daphne:** The "F" word.

**Katie:** Yes.

**Daphne:** The four-letter "F" word.

**Katie:** Yes. The big one.

**Daphne:** The big one: **fear**.

**Katie:** Yeah.

**Daphne:** Do you think our listeners thought I was...? Were you guys thinking I was going to swear?

**Katie:** Oh no, we're just giving them a little tease, making this a little provocative.

**Daphne:** Yeah, a little bit. It would be like, "Oh man, they're really going to let it fly on the show?" No, we're not. But yeah, it's the **fear** word because we like our safety, you know? I mean, I'll speak for myself. I like feeling safe and stable and thinking I know how everything works and how everything is going to go, so there's no better pattern, I think, Katie, for keeping me away from being present and keeping me away from being mindful than putting myself on autopilot out of my own desire to feel stable, safe.

**Katie:** Yeah, stable. It's homeostasis, you know?

**Daphne:** Yeah.
Katie: We want to come toward the mean, and all of our systems are geared toward that. I think the big challenge for everybody when they're wanting to change something or really wanting to go all the way in their own evolution is going through the door of fear.

Daphne: Yeah.

Katie: Because the automatic patterns, the familiar interactions… Those become like home, and they feel safe. They may not be very challenging or create a lot of vitality for you, but they're safe.

Daphne: Right. Right. Then that's it. They're safe and status quo. I loved what you said about Gay being able to let go too because one of the things we have to get ready is to say that maybe the rules we made up before or the ways we did things before no longer apply.

Katie: I don't think there's any time in our history, really, when that has been truer.

Daphne: Yeah.

Katie: As I recall, a very long time ago the Buddhists said the only constant in life is change.

Daphne: Mm-hmm.

Katie: Now we're actually living it. We can't have these nice discussions around the fireplace about it.

Daphne: Right.

Katie: Things change at such a rapid rate that I just look in my drawer where I have former versions of various electronic pieces and the cords that go with them…

Daphne: Yeah. Right.

Katie: I don't know what this thing did or what this cord goes to.

Daphne: Or if I even ever used it.

Katie: It's like where electronics go to die.

Daphne: Right.

Katie: It happens continuously, and that's just one small aspect of life where the change is really more than any human being can keep up with.

Daphne: Yes, and it is. We did a couple of episodes on change too.

Katie: Yes.
Daphne: People can go back and listen to those as well where we explore this idea of change. When we put up our desire for things to stay the same, wanting to know what the rules are, how we do everything, and then we start talking about this mindfulness idea… What we're saying, Katie, is, "Hey, everybody! Just go ahead and just be present! Don't worry about your past behaviors!"

Katie: Right. "Don't worry about the rules! They're going to change anyway!"

Daphne: Right. Exactly. We have to start asking ourselves, "Well, are there any benefits then?" Like, "You have to tell me… Okay, you're talking about me being mindful here. What are the benefits of this, what is this really pointing to, and how is this supporting my teams and me and what I'm doing in life? Not just in our leadership teams, but also just in life. How is this idea of mindfulness and these practices of mindfulness even supporting what I want to do?" I think there are obviously some real benefits of being mindful and practicing mindfulness that we wanted to bring up today as well, and I really want to cite Ellen Langer.

Katie: Yeah.

Daphne: Yeah. She's great, and she has done so much research on this. One of the things I really like about her is she's involved in the research on this, and she works with organizations, giving them practices around mindfulness as well, so this is real stuff. It really applies.

Katie: It's applied, and you can see the measurable results. I'd love to have you share some of the stuff she has been doing because I think it'll be of great value to people.

Daphne: Yeah. Thank you. I looked at a couple of her studies. One of them in particular was with symphony musicians. I thought this was so great. They had two groups, and they told one group to replicate a previous performance they had done. In other words, they were supposed to kind of imagine their best performance and play this piece of music just like they had played it.

Basically, what they were saying was, "Play it sort of mindlessly. Go on autopilot." They told the other group to play this piece in a new way. Now one of the points she made about this was that it was symphony music. There's only so much latitude for them to really… They can't just suddenly riff.

Katie: Right. There's a structure.

Daphne: Right, there's very much a structure. I think that's what made this study, Katie, so much more powerful, because it's not like they were rock guitarists and they could wail off on an additional 10-minute guitar solo.

Katie: Right, or a jazz ensemble where that's what they do.

Daphne: Yes. Exactly. They had to stay within a structure. They had each group play it in a certain way, and what was so great was then they had groups of non-trained listeners who knew...
nothing about the study listen to both pieces of music. It was the same piece of music played by these two different groups. Overwhelmingly, the non-trained listeners preferred the piece in which the orchestra players were playing mindfully.

**Katie:** Oh, that is just so cool.

**Daphne:** Isn't that so cool?

**Katie:** Also, what I was reminded of from that study is that in our seminars, we often ask people to change just one thing.

**Daphne:** Yes.

**Katie:** For example, they'll go across the floor in an activity, and I'll ask them to just change one thing about the way they move across the floor. Then I ask them, "Did you have more fun?" "Yeah, I had way more fun!" "Did you notice more of other people?" "Yeah!" People think of mindfulness as the mindfulness mountain they have to climb. "I'm way down at the bottom of it, and it's so high, and I'm so small and insignificant."

We forget that the essence of mindfulness is becoming aware of something new and when you change something about a pattern, you begin to notice more nuances and more of what might be connected in different ways. It can be very easy to become mindful in that way.

**Daphne:** Yeah. Boy, that's such a great pointer too, Katie. When we start talking about the innovation and, if you will, problem solving that's required and we're able to create those connections much more easily through our awareness and our noticing, then we really start talking about how this idea of mindfulness and then the practices of mindfulness can impact our teams and our performance too, right?

**Katie:** Yes.

**Daphne:** We want to affect our bottom line, right?

**Katie:** Well yes, we really do. It's great to be mindful and to be present and to be breathing easily, and we also want to know, "How does this impact the bottom line?"

**Daphne:** Yeah, sure. We want it all.

**Katie:** Of course!

**Daphne:** Absolutely. Okay, so that was one study she had about this idea of paying attention that I thought was really great. Katie, I just want to come back to one thing I think you were also pointing to there in your response. I didn't comment on it. I didn't remember reading this in the study either, but what impact it actually had on the players in the symphony…
What you were pointing to was them doing everything a little bit differently and what impact doing things in a new way had on them, which is part of mindfulness too. This was more about the people noticing how they played the piece and what they preferred, right?

**Katie:** Yes.

**Daphne:** But I think one of the bigger pieces of what you were just saying was, "Oh, they had more fun." Did the symphony players have more fun doing it in a mindful way? That's really powerful.

**Katie:** Yeah, which is such a great thing to know because, I think, people assume mindfulness is serious, where you kind of sit still.

**Daphne:** Yeah. Yes.

**Katie:** Mindfulness, or what we like to call *presencing*, allows you to actually be more spontaneous.

**Daphne:** Yes, and this was the other reason I was so excited about this topic when I put it in the context of our past two episodes. This idea about procrastination came up for me for some reason, and I thought, "You know, if I'm actually practicing mindfulness and I'm committed to taking 100 percent responsibility and being in my ability to respond, then the idea of procrastination sort of really falls away because I'm going to be in the moment of what's required when it's required."

**Katie:** Yes! Oh, that's such a great way of putting it.

**Daphne:** Yeah!

**Katie:** You'll be in the right place at the right time. You'll notice something.

**Daphne:** Yes!

**Katie:** We've had that happen so many hundreds of times...being in a meeting where somebody who knows somebody who knows somebody else who wants to do something with us just shows up in front of us, and there's no effort required.

**Daphne:** Yes.

**Katie:** I love that.

**Daphne:** Yeah, it's kind of like us with our podcast.

**Katie:** Yes!
Daphne: You're like, "Okay, fine." I'm like, "Hey, what would you think of ever doing a podcast with me?" You're like, "Okay, sounds good."

Katie: Right!

Daphne: There you go. Being in the moment: we did it. Yeah. I was kind of thinking about that. I was like, "Wow, so when we start talking about even this idea of procrastination, if we're able to keep ourselves aware and present and mindful, then really, is there such a thing as procrastination? I don't know. I don't know." I was kind of asking the big question there.

Katie: Well, I'm imagining that… We have this whole idea that we got from Einstein about being in space or being in time, and when you're being mindful and presencing yourself, you're really occupying your space inside, and you're aware of the people in the space around you. That's one end of the continuum. When you're in space, you really are not in clock time.

Daphne: Right.

Katie: When you're in clock time, like wanting to make sure you're aware of everything and keeping track and controlling everything, there's no spaciousness.

Daphne: Yeah, that's so true, and it feels very heavy, right? "I'm never going to get it done."

Katie: Yeah. "I'm never going to get it done." That takes you directly into the triangle.

Daphne: Yeah. There we go, right back where we started. It's just a big pendulum, isn't it? Okay, so we're pointing to the benefits of mindfulness and really commenting on a lot of Ellen Langer's work here too, but what about… When we're mindful, what happens, Katie, to our judgments of ourselves and others? Is it a possibility that if we are able to be mindful…

For our folks out there, remember our definition of *mindfulness* was being in the present moment and a process of noticing new things, right? So what happens to our judgments of ourselves and others? Is it a possibility that as we become more mindful, those can start to loosen a bit?

Katie: Well, I think they not only could loosen but could be replaced with curiosity and with a kind of invitation.

Daphne: Ah.

Katie: People like you, Daphne… I experience you as so inviting and curious.

Daphne: Thank you!

Katie: It invites my curiosity, and the big outcome from that is greatly enhanced collaboration.

Daphne: Yes.
**Katie:** Where new solutions can emerge, where new perspectives of whole new products, new visions, can occur, and that working through inevitable issues and disagreements or problems… Those then become just another thing to look at in a new way rather than something that needs to be judged or fixed. I think judgment is almost always based in the past, because you're comparing something that's happening now to something you've already made an assessment of.

**Daphne:** Oh, that's such a good point, Katie. It's definitely based in the past, right? It has to be. Yeah. Past memories… Which would go back to our automatic behaviors, our autopiloting.

**Katie:** The autopilot where we feel safe.

**Daphne:** Yeah.

**Katie:** I was just thinking about some of the things I like to do to create safety for myself, so it's not that we're suggesting that you just fly off all of the bridges around you but that you find new embodied ways of creating safety for yourself. For example, taking a really full, relaxed breath or three gets you located in your body. Moving in new ways opens up those locked places in you and allows you to actually be able to respond rather than being in those old automatic cycles. I'm so delighted that mindfulness is getting more positive attention these days.

**Daphne:** Yeah, and I am too. I am very much so. And the benefits it can bring to us… One of the other places where I think this is very important is where we talk about how our lack of mindfulness… I think the potential for mindfulness is probably always there, but it's a matter of just noticing when we're not being mindful…and how that actually adds to our chronic stress. I actually just had that thought as you were talking, when you said that about how you create space for yourself to feel safe.

**Katie:** Yes.

**Daphne:** Yeah. I also had this thought that as we're practicing mindfulness, this is also another way of us managing and giving ourselves some points of renewal and managing stress that can come from our day-to-day non-mindfulness.

**Katie:** Yes.

**Daphne:** Yeah.

**Katie:** I mean, it's really like debris.

**Daphne:** Yes.

**Katie:** That's one of the reasons I've meditated twice every day for the last 33 or 34 years. The other aspect of mindfulness is it allows you to create open space inside, and that's where your visions come from, that's where your next leaps of intuition come from. I think it's really valuable for everyone to have some kind of a mindfulness practice every day, because it clears.
Daphne: Yes.

Katie: It's like erasing the chalkboard or clearing all of the debris off of your desktop so you have open space. There is no more open space on my desktop right now.

Daphne: Uh-oh!

Katie: Time for some mindful clearing.

Daphne: That's so funny. That's actually what I did yesterday. I have two computers that I work on, and boy, they can get a little harried. I notice that when I sit down and start to work on them and the desktop is really crazy, I'm like, "Ahh!" I can just feel my energy go, "Whoa, what are you doing?" Yeah, I just cleaned mine off yesterday.

So yeah, when we talk about mindfulness and our judgments and what you were pointing to, Katie, around curiosity… The other thing I came to was appreciation. When I can be mindful and see this person over there (or probably more myself, actually) in a new way and drop my judgment (I'm going to give an example of another piece of Ellen Langer's research), I notice I'm also able to source appreciation on the backside of that curiosity, appreciation for my traits or how I'm showing up in the moment or how someone else is showing up in the moment.

Katie: Yes.

Daphne: I notice that with mindfulness, that comes much more easily, quicker, if you will.

Katie: Yeah, that's a really good point. I was just thinking that in a way, curiosity is very related to appreciation because one of the definitions of appreciation is to give your sensitive awareness to something.

Daphne: Yes!

Katie: So if you're doing that and kind of moving your sensitive awareness around you or another person or the issue, you're actually generating curiosity, and they really play together very nicely.

Daphne: Yes, I think so too. That was the other thing. As I started looking more into this mindfulness idea, I was like, "This so fits in with appreciation!" I have a feeling that if you're starting to be mindful and practicing doing some of these practices (which I want to get to next, actually), you'll just start sourcing regular levels of appreciation. Just a theory.

Katie: Well, we can invite people to check it out. "Check it out!"

Daphne: Yeah! Great idea. That's a great idea, Katie. I love it. You mean I can invite people to do stuff? Eh…

Katie: Yeah! Not just to listen but actually try some stuff out!
Daphne: I love it. So Ellen Langer… I thought this was really cool. They had people rate their character traits and things they said they would most like to change about themselves, but the ones about themselves that they rated as highly valued were the positive side of things about themselves they wanted to change. That sounds confusing enough. I'll give an example here. For example, people would say, "I want to change my impulsiveness, but one thing I really appreciate about myself is my spontaneity."

Katie: Oh, that's so beautiful.

Daphne: Isn't that great? Isn't that just wonderful?

Katie: That's so great because we don't see that there's a continuum of possibilities and that there's no part of us that likes to be gotten rid of.

Daphne: Oh, that's such a great point, Katie.

Katie: If I really make friends with my impulsiveness, then I get access to spontaneity.

Daphne: Yes.

Katie: The uniqueness I or anybody has to offer…

Daphne: Yes. Yes. Again, as we become mindful and we start gradually allowing our judgments to drop away, that's what we get access to, right?

Katie: Yeah, beautiful.

Daphne: Yeah. Okay, so Katie, let's give our dear listeners out there who have been so wonderful to us to spend 30 or so minutes with us... "Okay, well, what do I do? How do I become more mindful? What am I supposed to do?" I think you started pointing to some of it, which is…we've said this a lot of times on the show…conscious breathing.

Katie: Conscious breathing. What I really mean by that for your practical practice is to change one thing about your breathing.

Daphne: Yes.

Katie: Just simply shift something about your breathing. Shift your body. To actually practice newness… We were talking about that as the definition of mindfulness: noticing the newness. One way to do that is to actually deliberately change the way you're looking at things and looking at people.

Daphne: Yes.
Katie: The thought of how often we're interacting with other people... We always look at them in the same way. What would it be like if you literally changed the way you were looking at people? For example, if you looked around them or you looked at the spaces between people or you let your eyes go from the person to some place in the room and then back to the person so you would literally be changing one thing about your perception... Notice if that gives you more vitality and more of a sense of presencing yourself right here.

Daphne: Yeah. That's so great, and that's an actual practice, which is what we really are pointing to here. You really can do that. It's a thing you can do, and then you can watch the impact and the effect it has on you and potentially others as well, which is really important. I like to notice my predictions.

Katie: Oh yes. You mean your expectations.

Daphne: Yeah, my expectations of how things should go and how things should be done.

Katie: Oh boy. That's a good one.

Daphne: Yeah. I really like to watch my thought processes and where I start to go on about, "No, we really should be doing it this way. This is the way we've done it." I love watching it when that starts popping up in my mind. I start to think, "Uh-oh! I am going on autopilot!"

Katie: Great, and then at that point you can just change one thing, and then there you are, present again.

Daphne: Yeah! Exactly. Usually, I chuckle at myself. I usually have a little chuckle.

Katie: To see the humor is a great thing to do.

Daphne: Yes. Yes. It's one of my favorite places to play. Well, I feel good about this mindfulness conversation, and I feel like we gave our listeners... I don't know if there's anything else you want to toss out there to invite our friends out there to practice or give them ways they can incorporate more mindfulness. I think keeping it simple is best.

Katie: I think keeping it simple is really the most important thing because if it's simple, you're much more likely to try it out. There's a part of us that's going to say, "Oh, it couldn't possibly be this simple."

Daphne: Right.

Katie: I want to challenge you to try it out and see how powerful simple can be.

Daphne: Yeah. That's great. All right, well, we hope you enjoyed this podcast and you remain more inspired than ever. We so appreciate you for listening and being with us and spending the time with us, taking this 30 minutes or so out of your week to listen to us, probably while you're
commuting or going for a walk or wherever you listen to Katie and me. I know I'm so appreciative, and Katie, I think I can confidently say you are so appreciative for our listeners.

**Katie:** Oh, totally. It really makes my day to know we're collaborating with you all, and we so appreciate your listening and really invite your comments and suggestions.

**Daphne:** Yes. All right. Well, that wraps up another episode of the Super Fantastic Leadership Show. Don't forget to post your questions and comments at [www.daphne-scott.com](http://www.daphne-scott.com) and check out Katie's website, [www.hendricks.com](http://www.hendricks.com). I know you have two, Katie. You have your Foundation for Conscious Living.

**Katie:** Yes.

**Daphne:** Yes, and [www.hendricks.com](http://www.hendricks.com), correct?

**Katie:** That's correct!

**Daphne:** That's correct. Oh, and one last thing, listeners! Transcripts are coming soon! They will be up this week.

**Katie:** Yay!

**Daphne:** Yeah. I'm so excited about that. Stay tuned. I know we announced that a couple of podcasts ago, but they are getting finished. Thanks so much for listening, and we will see you soon! Keep on leading a Super Fantastic Leadership life.