



# Daily Reinforcement: Watching for Lightning

## Time: 5 minutes

This daily reinforcement is designed to help you become more aware of your passions and where they exist in your daily life.

### Step 1

Take a moment and calm your thoughts by focusing on your breathing. On your inhale, say silently to yourself, "Inhale." On your exhale, say silently to yourself, "Exhale."

Don't worry if your thoughts wander a little. Just bring your thoughts back to your breath. Do this for two minutes.

### Step 2

Reflect on your day and identify any moments that energized and excited you.

For example, this could be following a phone call when you helped a friend in need or when you solved a problem for your project team.

Record the following about each moment:

- Describe the moment, who was involved, and what took place
- Identify the passion this moment is connected with
- Define how this moment made you feel

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