HOW WE CAN RECREATE
THE EXPERIENCES OF OUR LIVES

contents + emotions = experiences

Clean daily narratives

Care your scenes

Avoid meaningless verbiage

Look for conversations that can enrich your inner world
Unfold narratives that can expand your options
Create stories that can extend your horizon

Move from what hurts you

Do not accept aggression naturally
Try to move away from aggressive scenes
Make your thoughts feel more stable again

Recognize what you project

Take care not to misrepresent content
Be aware of the limits of your realities
Do not put words from your script in others

Accept the uncomfortable

Do not underestimate the uncomfortable
Identify what really bothers you
Check your script regarding your discomfort

Recreate your daily experiences

Protect what is important

Give specific space for the routine
Set limits to the time routine
Create "wake up calls" to return to the important

Never leave the curiosity

Follow your inspiration to enhance your scenes
Use innocence as a gateway to new experiences
Create questions that challenge your own script

Handle the contents + Handle the emotions