



The Journey You Own

THE JOURNEY YOU OWN: A DEEPER DIVE

CREATING SPACE

with Jyothi V. Robertson, DVM, DABVP (Shelter Medicine)



Maddie's
Fund

SEPT
6
10am PT
12PM CT
1PM ET

Creating Space

How does space appear in our lives?
Noticing space

OCT
4
10am PT
12PM CT
1PM ET

Contemplative Practices

What are practices you do in your life? Sharing tools for staying engaged with your practice. Looking at research related to specific forms of practice. Transformative engagement.

NOV
1
10am PT
12PM CT
1PM ET

Values Alignment

How do we think about values and how do they show up in our actions? What do we do to align our values with our personal mission or goals?

DEC
6
10am PT
12PM CT
1PM ET

Productivity

What does healthy productivity look like? How can you form habits that produce the space for productivity?

JAN
3
10am PT
12PM CT
1PM ET

Communication in Action

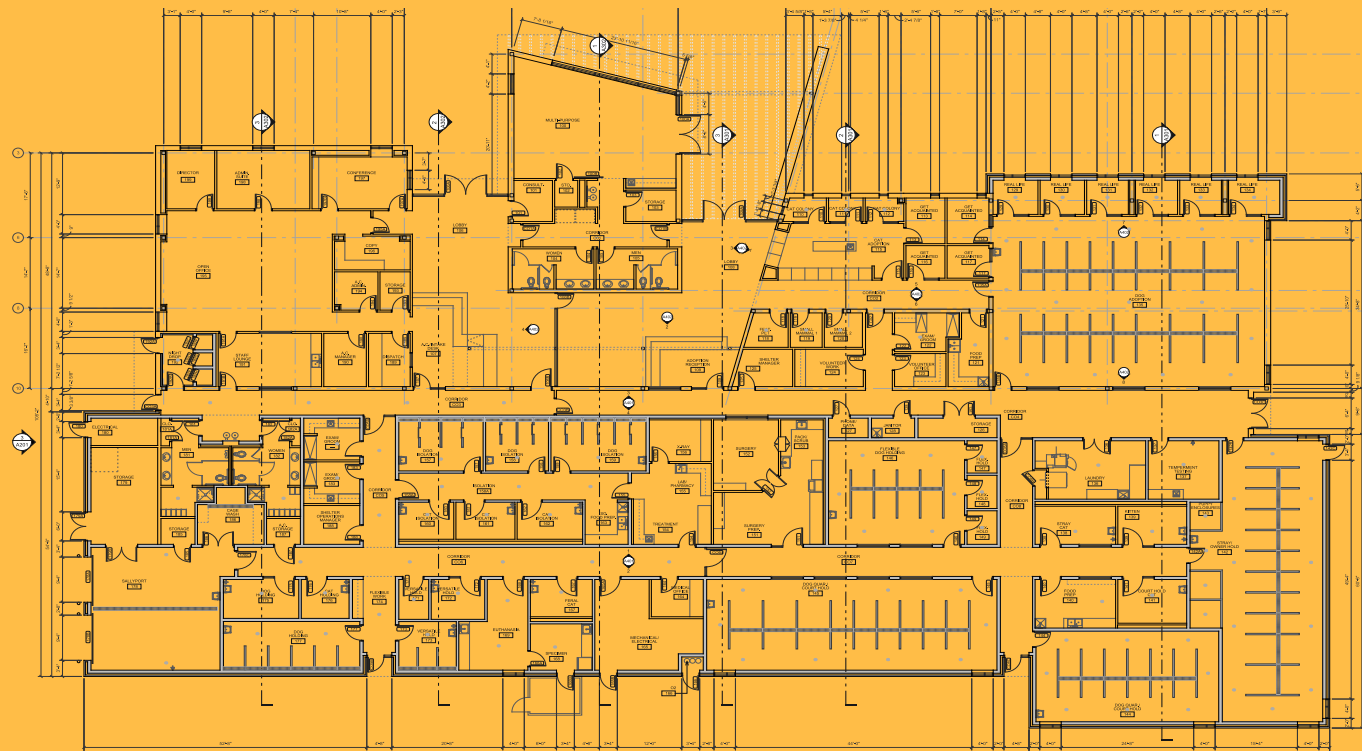
What are specific ways to utilize language to create possibility? How does our listening impact our view? What are some ways to think about learning that can lead to wholeness.

Today, let's explore

SPACE

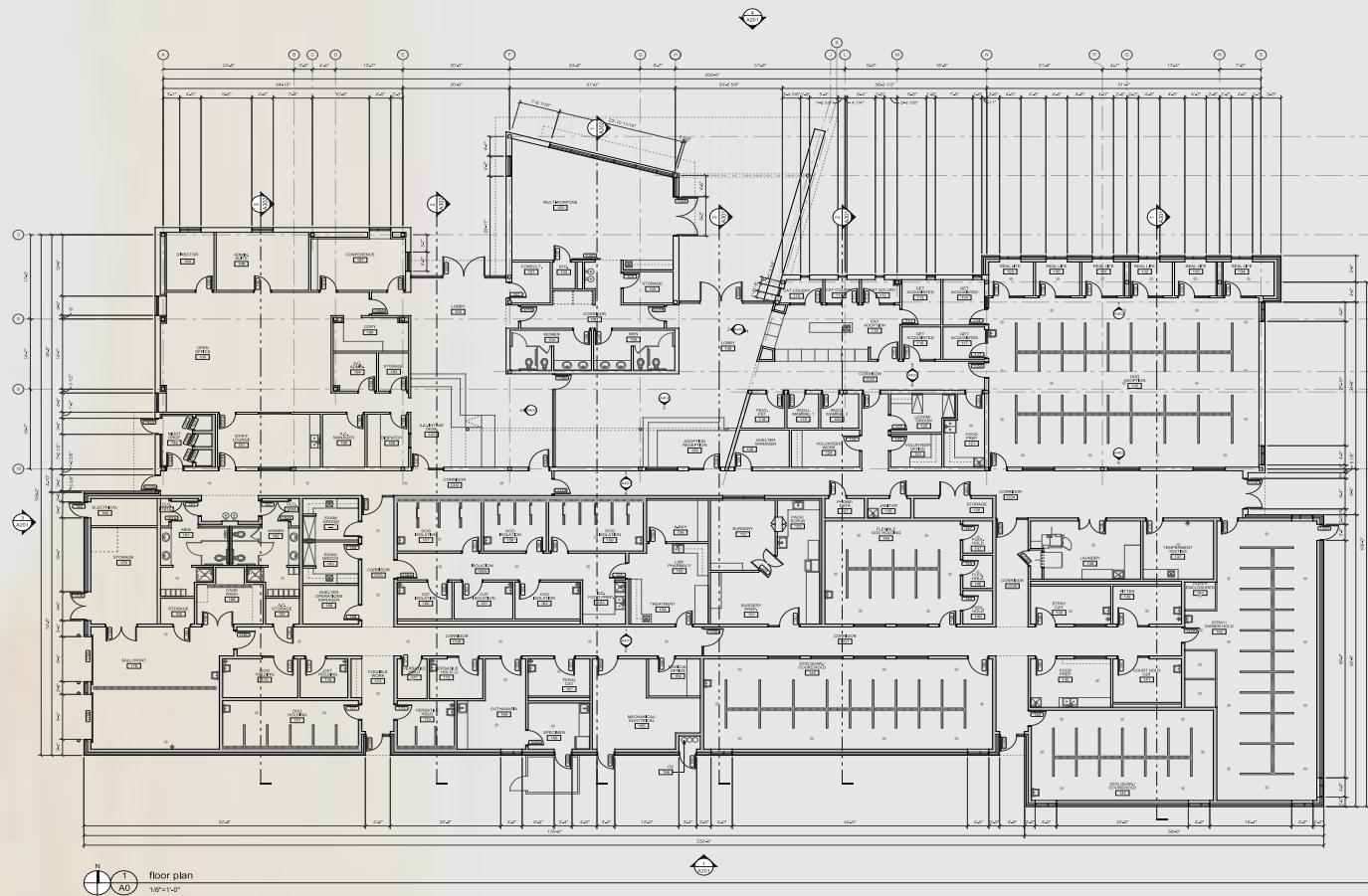
...a framework for noticing it
...activities to transform our view

First, a story...





“
Embrace the
journey beyond
walls, where
possibilities are
limitless.”





HEALTH

FRIENDS

WORK

FAMILY

HOBBIES

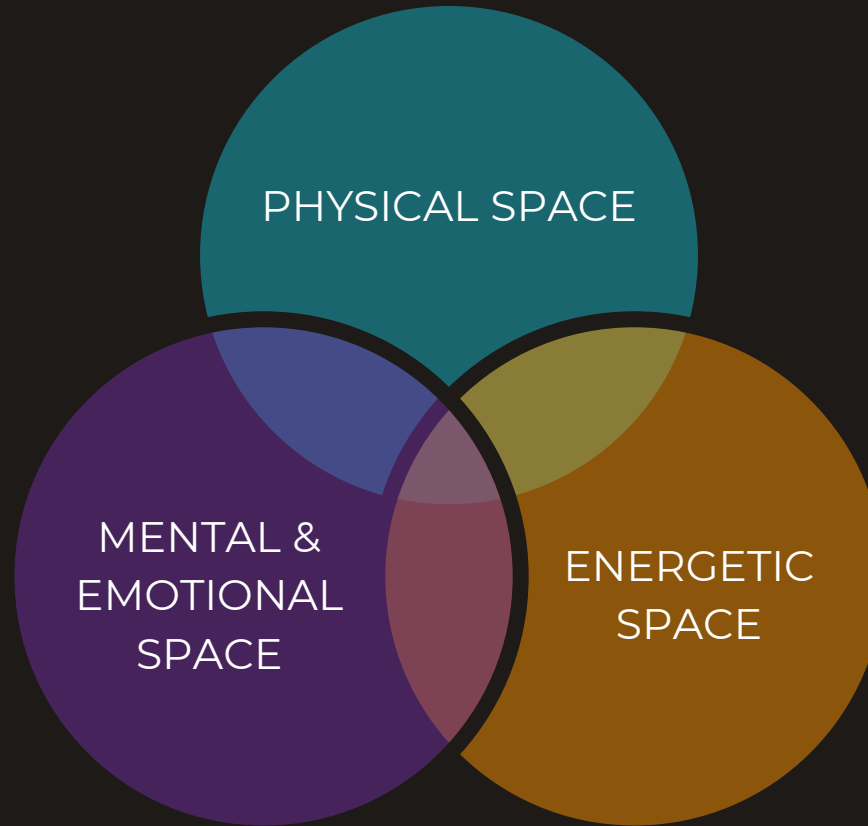
STUDY



In the chaos of life,
Space waits
patiently for your
attention.



A structure for how space appears in our lives



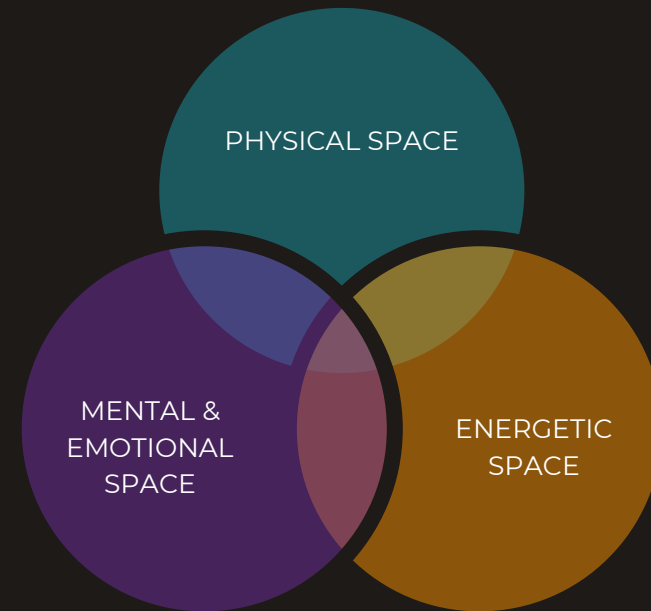
Reframe to notice how our lives open to space

Embracing Space

Space as a **possibility.**

Space as a **commitment.**

Space as a **contemplation.**



**Space as a
possibility.**



Space as a possibility.



Space as a **possibility.**



Space as a **possibility.**

INTENTION







Space as a **possibility.**

How do we frame **intentions?**



Space as a **possibility**.

We view **intention** as how we are showing up in our spaces.

-  To be open and curious
-  To create newly
-  To be present
-  To be grounded



Space as a **possibility**.



Your Next Steps on Your Journey

Set an intention for how you want to show up for the world at the beginning of the week for the next four weeks . Reflect on it each Friday (using a sticky note on the computer with the phrase so you see it).



Space as a **possibility**.



Space is not empty; it's filled with the promise of what could be.

60





**Space as a
commitment.**

Space as a **commitment.**



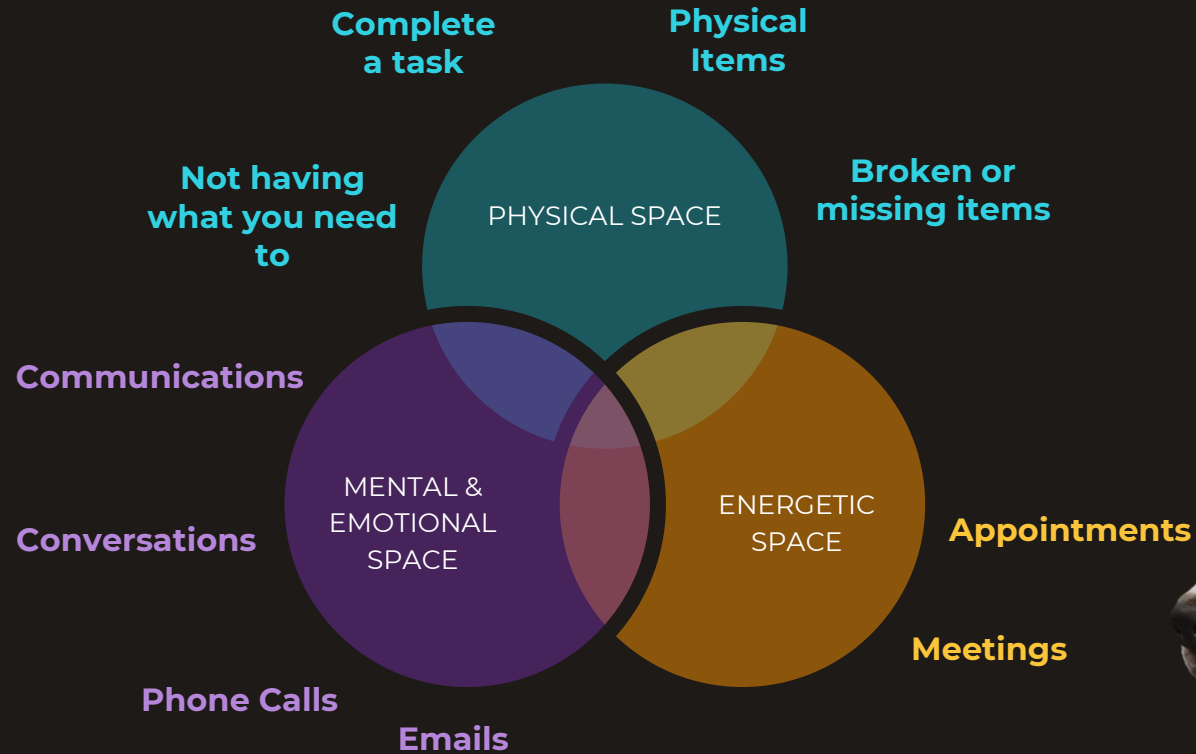
COMPLETION

Space as a **commitment.**



Our physical, mental, and energetic space gets filled by incomplete items.

Examples of **Lingering** Items



Impact of **Incomplete** Items

- ❑ Pending tasks can disrupt the flow of completion.
- ❑ Delays can encroach upon the territory of finality.
- ❑ Outstanding matters may linger, preventing full closure.
- ❑ Unfinished projects can overshadow the sense of accomplishment.
- ❑ Unresolved issues stand between you and wholeness.
- ❑ Lingering chores can obstruct the path to completeness.
- ❑ Lingering responsibilities impede the journey towards entirety.
- ❑ Unaddressed concerns obscure the vision of totality.
- ❑ Ongoing commitments hinder the pursuit of fullness.
- ❑ Unattended obligations disrupt the harmony of completion.
- ❑ Pending assignments diminish the sense of entirety.
- ❑ Unresolved questions linger, affecting the state of entirety.
- ❑ Unfinished duties cast shadows on the concept of wholeness.
- ❑ Overlooked details cloud the path to completeness.
- ❑ Neglected matters interfere with the attainment of totality.
- ❑ Outstanding obligations obscure the goal of wholeness.
- ❑ Unaddressed issues hamper the journey towards entirety.
- ❑ Uncompleted objectives interrupt the pursuit of fullness.
- ❑ Unresolved concerns create barriers to completeness.
- ❑ Lingering actions stand as obstacles to the achievement of totality.



Incompletes can occupy the space meant for wholeness.

In the quiet of your thoughts, rediscover your commitment to wholeness by confronting what's been quietly occupying your space.



Space as a **commitment.**

What does **completion** look like?



**'Finished' isn't always
'complete,' and
'complete' isn't always
'finished.'**



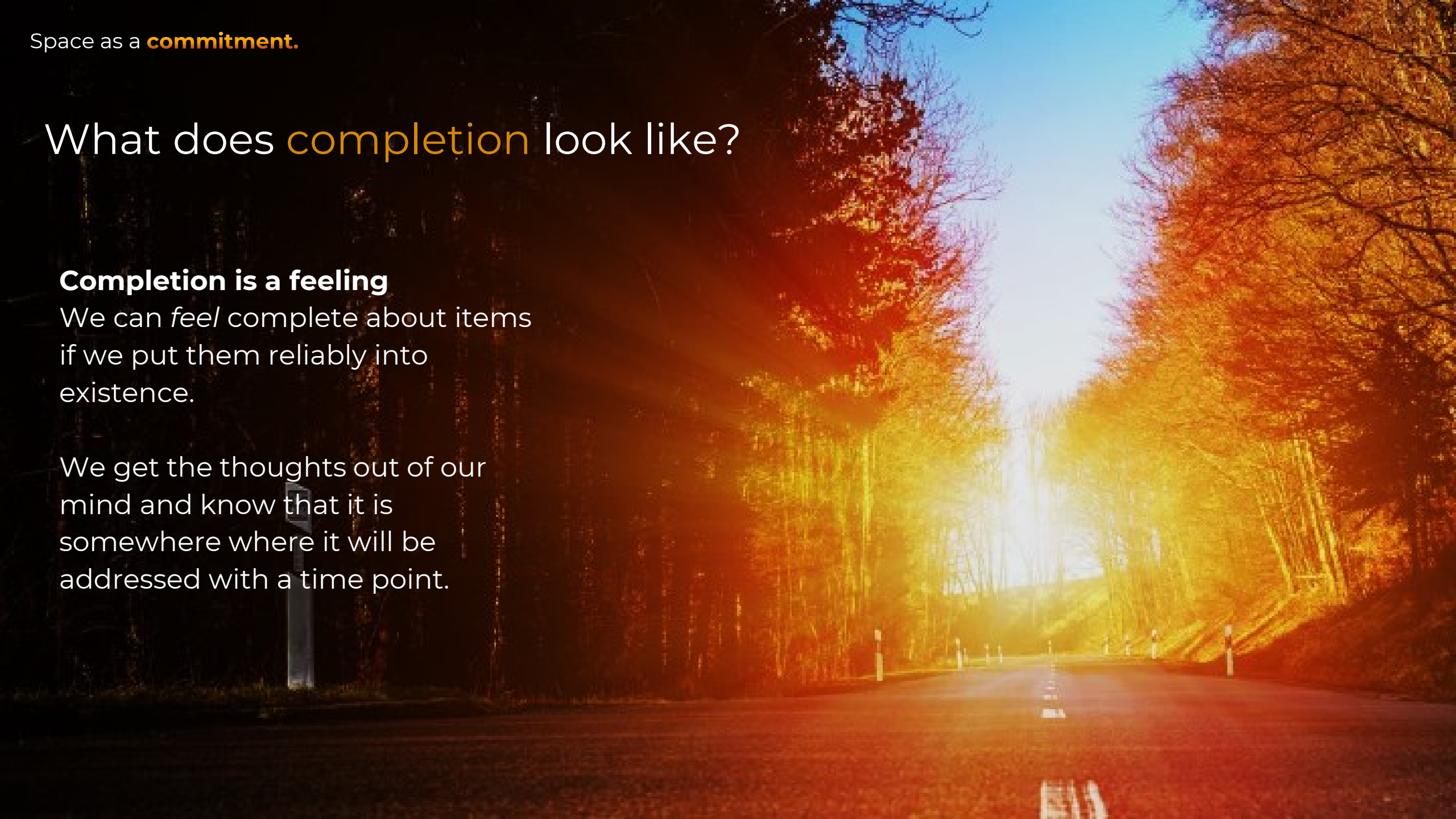
Space as a **commitment**.

What does **completion** look like?

Completion is a feeling

We can *feel* complete about items if we put them reliably into existence.

We get the thoughts out of our mind and know that it is somewhere where it will be addressed with a time point.



Space as a **commitment.**

Tools for completion

CALENDAR

Time as space



NOTEBOOKS

Journals to clear and capture thoughts



VOICE NOTES WITH TRANSCRIPTION

Quick access tool



LISTS

Connected to calendar
A “by when” removes the concern



Space as a **commitment**.

Tools for **completion**



CALENDAR

- How do we view time?
- Do we allot for creativity?
- What do we put on a calendar?
- When do we fill the calendar?



Tools for **completion**



What are we asking ourselves when we review our calendar?

- What is being prioritized by our time? (what are the events – work, family, personal wellbeing, etc?)
- Can we remove items from our calendar?
- Do we have everything that we need to be prepared for that time block (zoom link, necessary documents, all tasks completed to have us engaged during the call, directions to the location)?
- Have the right people been invited?
- Do we know our agenda or motivation for the events?
- Do we have space built into our calendar for the unknown, pausing, and creativity?
- Have we blocked time for reflection?



Tools for **completion**

What about when others factor into our completion?

Example

- Waiting for someone to do complete their part of a project

How do we remove the concern?

- Understand where the concern comes from
 - Needing the task to be done
 - Tying our sense of responsibility to completion
 - Equating our sense of self-worth with completion
- Place the concern into existence
 - Have steps in motion for completion
- Remove our attachment to completion



Space as a **commitment**.

Tools for **completion**

How do we remove our attachment to completion?

- We create significance when we equate our self-worth to what we do, not who we are being
- Shift to **who we are being** (present) from **what we do** (future)
- Space creates the gap in which we can shift from future/past thinking to present grounding



Space as a **commitment.**

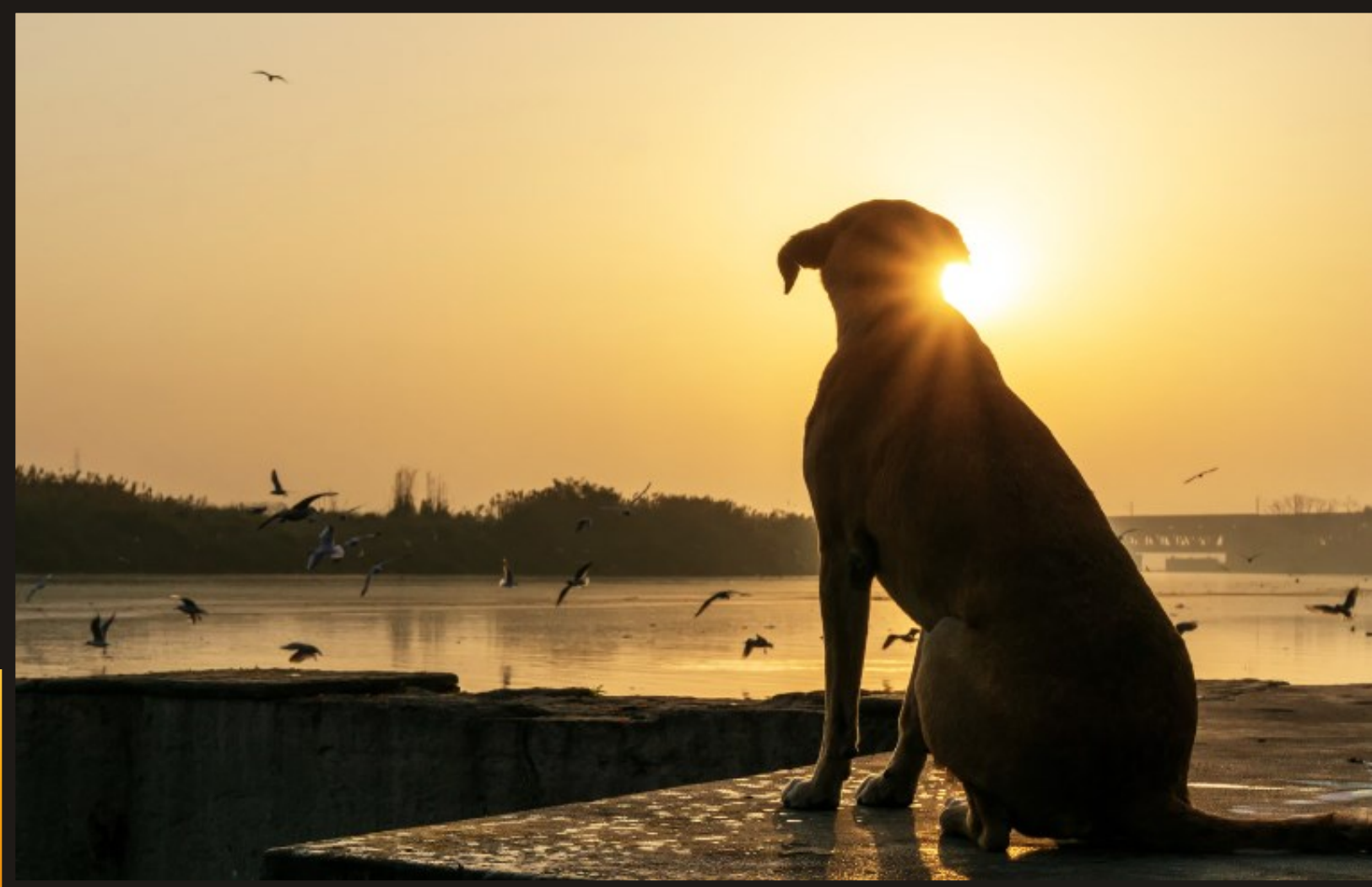


Your Next Steps on Your Journey

Think of some lingering items
in your life. Commit to
“completing” two to three
items before our next session.

60





**Space as a
contemplation.**

Space as a **contemplation.**

PAUSE

The gap in
between events



The moment
before action



Space as a **contemplation.**

Spaciousness of the Body and Mind

Grounding in the spaciousness of body and mind improves happiness

2,250 adults were randomly assigned to answer a happiness question (“How are you feeling right now), an activity question (“What are you doing right now?”) and a mind-wandering question (“Are you thinking about something other than what you’re currently doing?”)

People’s minds wandered frequently, regardless of what they were doing. Mind wandering occurred in 46.9% of the samples.

People were **less happy** when their minds wandered than when they weren’t **despite thinking about positive thoughts.**

Mind wandering was generally the cause and not the consequence of unhappiness.

Reference:
Killingsworth, M. A., & Gilbert, D. T. (2010). A wandering mind is an unhappy mind. *Science*, 330(6006), 932.
<https://doi.org/10.1126/science.1192439>

Spaciousness of the Body and Mind

Cognitive load theory assumes that insertion of pauses positively affects cognitive load, thereby enhancing performance. A study with medical students having the option to take pauses showed higher performance and cognitive load.

In a study by Lee, J. Y., Donkers, J., Jarodzka, H., Sellenraad, G., & van Merriënboer, J. J. G. (2020). Different effects of pausing on cognitive load in a medical simulation game. *Computers in Human Behavior*, they investigated the pause effect, using a computerized simulation game in emergency medicine. Medical students were randomly assigned to one of two conditions: simulation with and without the option to take pauses. All participants played the same two scenarios, during which game logs and eye-tracking data were recorded. Overall, **both cognitive load and performance were higher in the condition with pauses than in the one without.**

Reference:

Lee, J. Y., Donkers, J., Jarodzka, H., Sellenraad, G., & van Merriënboer, J. J. G. (2020). Different effects of pausing on cognitive load in a medical simulation game. *Computers in Human Behavior*, 110, 106385. ISSN 0747-5632.

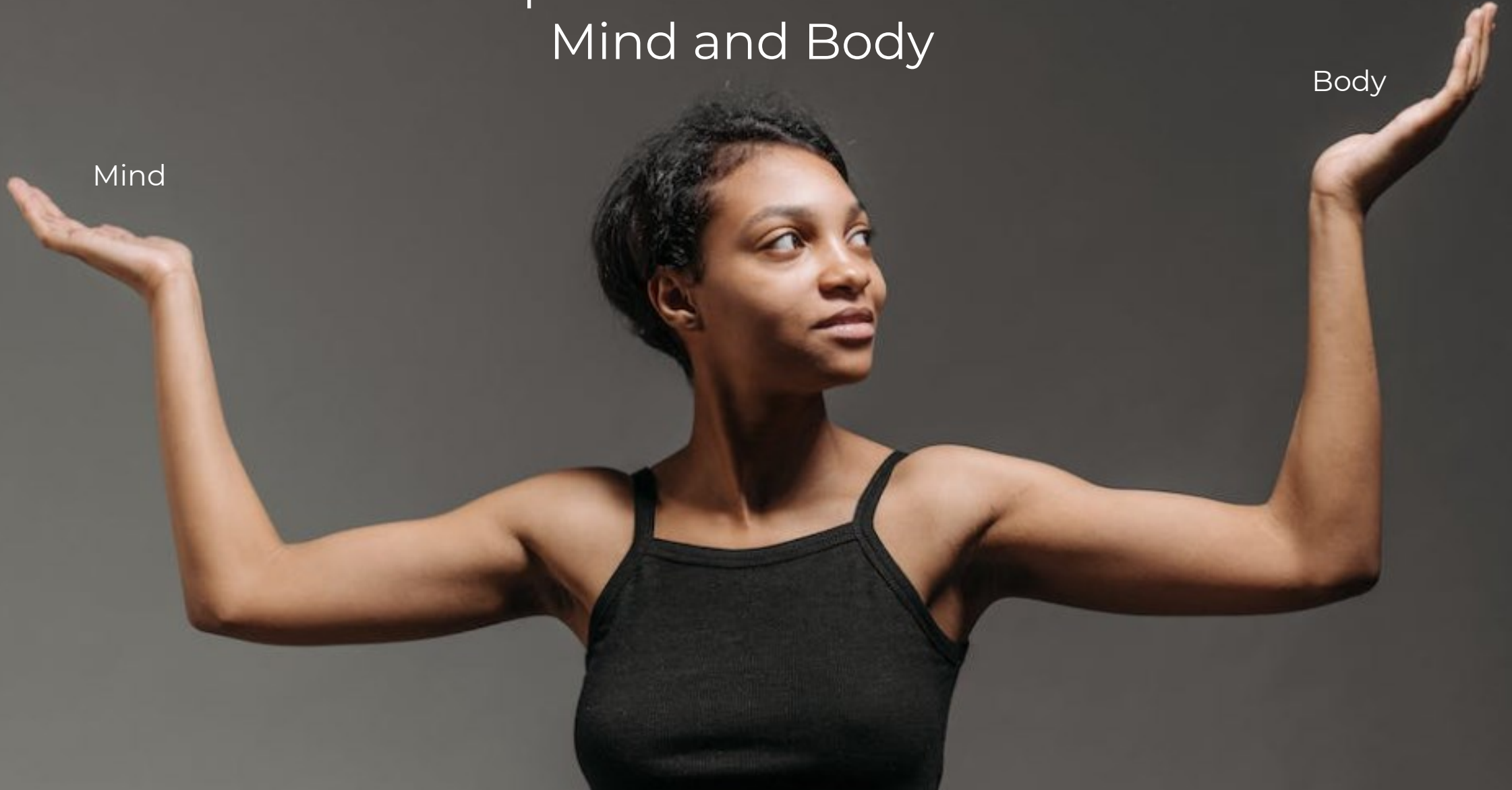


Space as a **contemplation.**

Spaciousness of the Mind and Body

Mind

Body



Space as a **contemplation.**



Your Next Steps on Your Journey

Practice the spaciousness
meditation and see what
arises for you.



Understanding the Necessity of Space

Challenges of Modern Life

- Rapid pace of daily routines
- Overwhelming responsibilities and commitments
- Continuous digital distractions

I need more space.

I don't have enough space

Where's the space for that?



Understanding the Necessity of Space

Implications of Neglecting Space

- Increased stress and anxiety levels
- Burnout and decreased productivity
- Strained relationships and reduced well-being



The Benefits of Noticing Space



Mental and Emotional Benefits

- Reduced stress and anxiety
- Enhanced mental clarity and focus
- Improved emotional well-being and resilience

Productivity and Creativity

- Increased efficiency and effectiveness
- Space for creative thinking and problem-solving
- Better decision-making and time management

Personal Growth and Fulfillment

- Enhanced self-awareness and personal growth
- Improved relationships through better boundaries
- A sense of fulfillment and purpose in life

Overall Well-Being

- Balanced life with room for leisure and enjoyment
- Improved physical health and sleep quality
- Stronger connections with others and the world



Review of Next Steps on Your Journey



Set an intention for how you want to show up for the world at the beginning of the week for the next four weeks. Reflect on it each Friday (using a sticky note on the computer with the phrase so you see it).



Think of some lingering items in your life. Commit to “completing” two to three items before our next session.



Practice the spaciousness meditation and see what arises for you.



Coming up next month...

SEPT**6**10am PT
12PM CT
1PM ET

Creating Space

How does space appear in our lives?
Noticing space

OCT**4**10am PT
12PM CT
1PM ET

Contemplative Practices

What are practices you do in your life? Sharing tools for staying engaged with your practice. Looking at research related to specific forms of practice. Transformative engagement.

NOV**1**10am PT
12PM CT
1PM ET

Values Alignment

How do we think about values and how do they show up in our actions? What do we do to align our values with our personal mission or goals?

DEC**6**10am PT
12PM CT
1PM ET

Productivity

What does healthy productivity look like? How can you form habits that produce the space for productivity?

JAN**3**10am PT
12PM CT
1PM ET

Communication in Action

What are specific ways to utilize language to create possibility? How does our listening impact our view? What are some ways to think about learning that can lead to wholeness.



The Journey You Own

Thank you!

Jyothi Robertson, DVM DABVP (Shelter Medicine)

Founder, The Journey You Own

 www.jyo.world

 jyothi@jyo.world



Maddie's
Fund

