



HEART TO  
HAND

# Worksheet



BlueChipMINDS

# Heart to Hand

## Writing for Performance and Creativity

At times we feel the pressure to react faster than we'd like, impending deadlines or a conversation that needs to be addressed right this instant. It can create a lot of unnecessary pressure.

It's at these times that it helps to have some solid strategies in the tool belt for healthy communication practices. While our heads are wonderful parts of our being, sometimes it pays to be able to tap into the incredible energy of our hearts.

Going 'Head to Head' is a common sentiment that doesn't sound much fun, much different to having a 'Heart to Heart'.

Here are some ways to go heart to hear with other people and to channel the energy from your heart into creative endeavours.

### **Clean Communication:**

We're all made up of energy and connecting to positive energy will do us well across all of our relationships. To keep our communication clean, it's all about being transparent and assertive when we feel like something is wrong. [Further details on clean communication](#)

**Is there someone in your life you need to practice clean communication with?**

**Can you schedule it in?**

**What are you going to say to them?**

(Use the example conversation in the workshop to help you write out the conversation)

*Bonus: Is there someone you have empowering, energising, heart-centred conversations with at home or at work? If so, try scheduling a regular catch up (in person or via zoom) and observe the effect that has on your overall state.*

## From Breath to Bed

### **Breath:**

If you find yourself in a situation where you need to practice some clean communication, assess how long you have to respond to the person.

If it's in the moment and must be tended to now. Take a breath before answering. Even better, take a breath into the heart.

4 seconds in / 4 seconds out.

"You are actually changing your heart rhythm pattern and calming your autonomic nervous system. By focusing on your heart, you're taking energy away from the undesirable emotions. You generate a positive attitude or feeling, which starts to shift the signal the heart sends the brain so the brain response is different. It changes your physiology to move into heart-brain coherence and alignment."

Deborah Rozman Heartmath institute CEO

### **Bed:**

If you have time to spare before the conversation. Let your subconscious do the work while you sleep.

The Zeigarnik Effect comes from Bluma Zeigarnik, a Psychologist in the 1920's who worked out that when our brains are left hanging, the subconscious mind can work more efficiently in the background.

So if it's a question to another person, try getting clear on what the question is and write it down before you go to bed.

If you can't sleep, you may need to journal on it further or go to some of that glorious heart-centred breathing.

Note: It might have nothing to do with another person or simply a question you need to ask of yourself.

Bonus: Ray Kurzweil, Google Director and the godfather of digital will use this process and answer his questions in the liminal phase of waking up. Between sleep and getting out of bed.

He says this technique has been responsible for over 60% of his ground-breaking ideas. Give it a try.

Bonus Bonus: when you do wake up, try some heart centred breathing and journaling to get the ideas down.

### **Flow:**

When we find flow there are four components/ characteristics that show up:

Selflessness: A loss of a sense of self or more than all the masks we wear wash away.

Timelessness: Dilation of time, it can either slow down or speed up.

Effortlessness: Everything becomes easy, natural, flowing.

Richness: We connect dots and learn lots  
(STER)

Flow is "A heightened state where action and awareness merge, time flies, self vanishes and performance goes through the roof...

In flow we feel our best and perform our best."

Flow Genome Project

[Jason Silva – explains Flow \(video\)](#)

Note: Flow is available to all of us. We've all felt it at some point in our lives and it's a wildly personal experience.

We can feel it in micro and macro versions. Meaning we may feel smaller doses of the STER effect above (micro) or we might feel them all at once on full-blast (macro)

*Where do you find flow?*

### **5,4,3,2,1 HAPPINESS:**

A simple technique for moving from a negative to a positive state.

**5=** Acknowledge **FIVE** things you see around you. a pen, a rug, your laptop, anything in your surroundings.

**4 =** Acknowledge **FOUR** things you can touch. Your face, a pillow, or the ground under your feet.

**3 =** Acknowledge **THREE** things you hear. AKA any external sound. The wind, your belly rumbling, birds singing.

**2 =** Acknowledge **TWO** things you can smell. Your food, clothing, yourself. Even if you need to move a little to smell something, go and do it.

**1 =** Acknowledge **ONE** thing you can taste. What does the inside of your mouth taste like from your last food or drink, or do you have something right there like a biscuit.

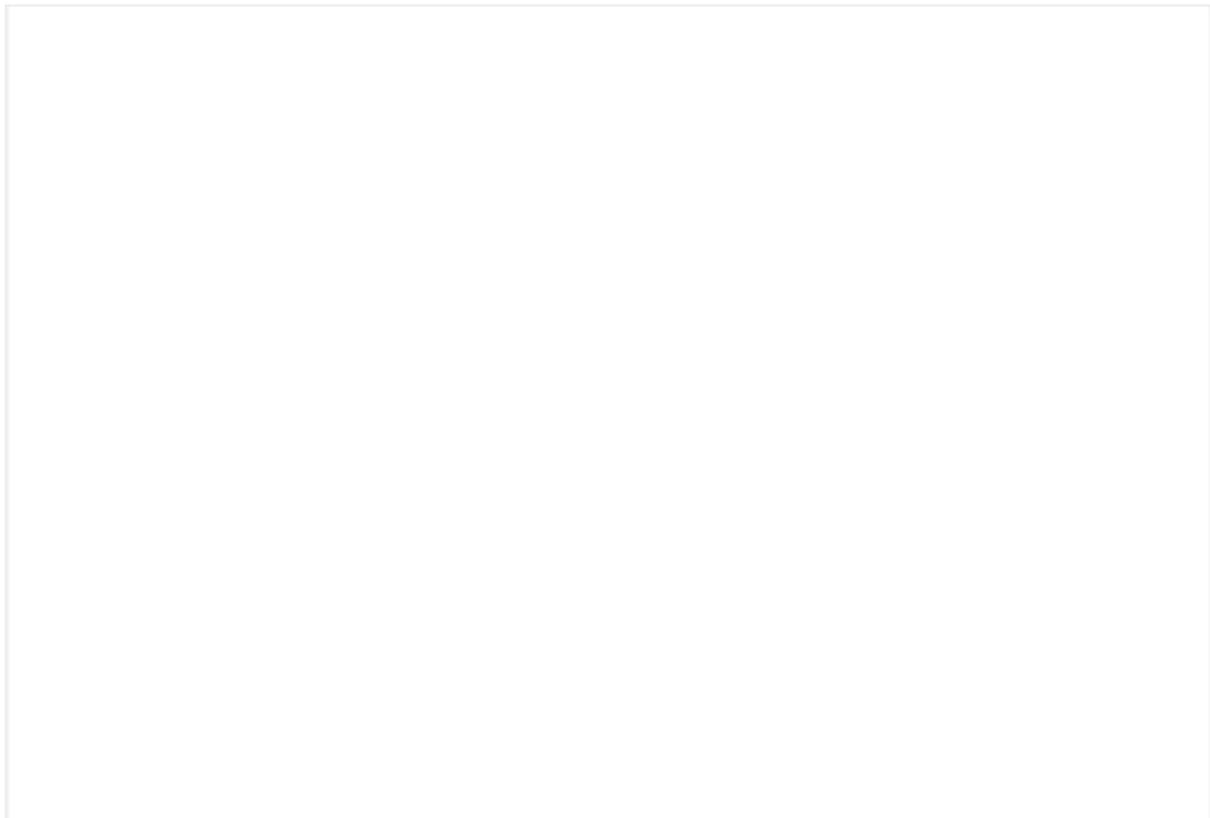
“Bringing our attention to our senses grounds us in the present and counting the items interrupts the spinning of our thoughts.”  
Ellen Hendrikson

### **Anchoring our Experience of flow...**

Name one time that you felt in flow?

Write down what you could see, touch, hear, smell, taste...

Describe it in as much detail as possible.



Follow along with the anchoring into flow practice from the video:

- Grab your pen (preferably)
- Find a nice steady breath...
- Close your eyes
- Remember that moment of flow
- Breath into your heart again
- 3 deep breathes
- Take the light/ energy from your heart down into your hand
- Write, draw, express whatever comes out below:

A large, empty rectangular box with a thin black border, intended for the user to write or draw their response to the practice instructions.

You can use these breathing and priming techniques (or your own versions) for conversations, writing emails back to people, creative writing, drawing, painting etc.

You're simply anchoring into a positive state connected to the senses of that time and using it to trigger a new flowstate

**Bonus:**

Use this technique to write a letter to someone. Someone you love or perhaps even feel you need to apologise to.

**Delicious Bonus:**

If you use coffee to prime you into a positive state, try a cacao instead:

Cacao is an ancient Mayan superfood, abundant in essential minerals, vitamins and antioxidants, plus naturally occurring energy, clarity, and creativity.

[How to make it - Romany Rose Pope](#)

Any feedback, comments or questions, feel free to reach out me at:

[benny@101tokens.com](mailto:benny@101tokens.com)

Notes: