

Think Differently Workshop
Expanding the creative possibility by shifting our habits.

Facilitated by Themis Gkion, June 16, 2020

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MUSIC FROM THE WORKSHOP

Artist: Antônio Carlos Jobim

- [Águas de Março](#)

Artist: Manos Hadjidakis

- Album: Apo ta pliktra stin kardia
 - [To Vals ton hamenon oniron](#) (4:49)
 - [I balada tou ouri](#) (2:56)
 - [Agapi mesa stin kardia](#) (3:42)
- Album: 15 Vespers
 - [To triadafillo](#) (2:20)
 - [The Moon is Red](#) (2:02)
 - [Nocturnal Stroll](#) (2:57)
 - [Ta paidia tou Pirea](#) (2:13)
 - [Mr. Antonis](#) (2:52)

Artist: Nirvana (UK Band)

- [The Show Must Go On](#) (2:43)

Artist: Franz Schubert

- [Serenade](#) (6:22)

Bonus track by artist: Stavros Lantsias

- [Waltz for the eyes](#) (4:24)

INSIGHTS

| | |
|--|---|
| A little attention goes a long way to helping organise your thoughts | I already know what I need to know to meet my goals |
| A small change can have big impacts | I can add a cool habit to sipping my tea! |
| A small tweak can have a bit impact | I can stop making excuses |
| Add a twist to see what happens! | I choose to do things and choose to not do things |
| Be completely focused in the present moment. | I could make an intention to be more balanced between work and play. |
| Begin with something small | I exactly know what I need to change next:) |
| By changing one small habit, you create something new | I gave up pretty quickly when it didn't work |
| Change is the only constant so try new things or do old things differently | I have all the answers and skills I need to make the change |
| Change takes less effort than I thought! | I have created roadblocks, I can take the roadblocks down |
| Changes give you energy and the new perspective | I have felt if I change my habit of expecting from others it will create wonders in my life. |
| Clarity as first step invites the next | I have the answers to my problems, I just need to be willing to listen to my inner dialogue |
| Curiosity is enlivening | If you are overwhelmed, there are simple activities you can do to unlock your imagination/problem solving |
| Different aspects on same "material" | It may not be what it seems |
| Discover and try new things | It's easier than I think to improve the things I want to change |
| Do not expect an already known result. | It's worth changing small habits |
| Don't be quick to assume | Just add a tiny twist can make a big change. |
| Everyone does things different, outcomes vary person to person | Just take that first step |
| Exploring new stuff leads to awesome discoveries | Keep my mind open to possibilities |
| Figure out things as you go along | Learn how to relax |
| Focus | Let go of the outcome! |
| Getting started is the hardest part | Little changes bring surprising big changes |
| Habitual change is possible with an inquisitive and open mindset - one that is never sure of the outcome but willing to try anyway (aka how I felt when I cut the paper each time) | Little things that we ignore can make a big difference |
| How you can transform the norm | |

Live in wonder
Look further
My conscious and subconscious are battling
Not everything happens as expected
One step at a time!
Possibilities
Possibility; one step at a time
Power of change occurs in small steps
Reflect on perspective and how to process thoughts
to know where they are coming from
Scared of big change
Seeing how small stuff can impact me
Simple changes create unexpected possibilities
Small changes can have a different outcome
Small changes can have big impacts AND fun results
Solutions are within
Surprise is always there
Taking ownership for the part you play...
That's what having fun looks like
The benefits that would come if I just DO IT
The key is consistency
The medicine is inside of me
The more we try new things, the more we learn
new possibilities
The only thing stopping me is myself

The past can tag along for a long time
The thing I would like to achieve isn't as hard as I
thought
There are a ton of shifts I need to make,
There are little things I can do make this change
There are no limits to possibilities
There are so many outcomes to a small difference
you make
There is always something new to learn
Tiny changes in our daily habits creates huge impact
Twists and the unexpected are not necessarily a bad
thing.
Understanding that it needed a twist
Unexpected things happen
Want to keep going
When starting something you don't know what's
going to come out
Working without expectations leads to beautiful
things
Writing things down helps
You don't always get things the way you want.
You don't have to be so serious about change
You don't need to know the outcome to go for it
You never know what might come or what's gonna
happen

TAKEAWAYS

A friend of mine recently said " Before lockdown I used to think I didn't have enough time to do things. Now I realise that WASN'T the problem" 😊

As I look at what I write, I realize I'm ready to do this

Be kind and accepting to myself. Allowing myself grace. I need to breathe through change.

Develop a practice to see essence in everything - observe living systems at work - and experience self as a part of it. Go outside - be open, observe allowing delight, if I can't get out, use creative visualization.

Do an inner scan for what my body and soul are asking of me - listening to intuition.

Even though it is simple, it can be hard to start. So be kind that everyone is slowly linking their next steps too

I am going to slow down and clean things up as I go.

I am willing to be faithful to myself. moment by moment, I want to start being present

I discovered how much I want to get this done and how much it would bring the impact of being able to achieve this.

I learned a new activity to keep kids engaged :)

I want to come up with a HAVE to do list to make my day more meaningful everyday. I will be gentle and forgiving of myself and keep trying and not give up

I will be encouraging, kind, loving, firm, curious, excited, enthusiastic, hopeful, exuberant, listening, holding caring

I'm afraid I've known these things & may likely remain stuck

I'm going to value time to play as much as I value the work that needs to get done at work.

It was interesting that each of us was looking at working on something related to getting ahead of organization or a chore related to our laundry, clothes or closets...LOL It was nice to hear variations of the why and the how...

It's amazing to see how connected we all are. We are also very hard on ourselves. We need to find the time just for ourselves and to be kinder to ourselves and each other.

Loving myself...seeing myself looking in the mirror and loving what I see....feeling the best I've ever felt, my happiest

Spend less time on phone

STOP postponing (my worst habit) and START acting, towards what I want (even with small steps at first). Thank you for reminding me of that!

Take the time to pray and connect to my spirit when I wake in the morning and before I go to sleep :)

We all were so similar- lots in common. It was lovely and safe.

We all were willing to change our habits to a certain extent and take steps to do it.