

Still Points

A practical guide to building mindful interruptions into your day

Still points are short, intentional pauses built into the flow of ordinary life. They're not meditation sessions — they happen inside your busy day, not apart from it. Practiced consistently, they train the mind to default to wiser, more useful patterns of thought.

You'll find still point exercises in Chapters 6 through 10 of this workbook. This guide explains how the framework works so you can get the most out of each one.

The When / Then Structure

Every still point follows the same simple format:

When [a specific, reliable cue], Then I will [a brief practice or reflection].

The When anchors the practice to something that already happens in your day. The Then is the micro-practice that follows. Together they create a habit loop that doesn't require willpower — just noticing.

Example: "When I get into my car, then I will take one slow breath and ask: what am I carrying into this moment?"

Two Kinds of Still Points

PROACTIVE STILL POINTS

These are planned in advance and built into your routine. You choose a neutral, recurring cue and pair it with a brief practice.

Proactive still points train your default mindset. Practiced a few times a day, they gradually shift how you show up — before any difficult moment arrives.

Good cues for proactive still points:

- Time-based: when I check the time, make coffee, brush my teeth
- Location-based: entering my kitchen, getting into my car, sitting at my desk
- Preceding event: after a meeting ends, after sending an email, before starting a task
- Other people: when someone interrupts me, when I greet a colleague
- Random: a reminder app that pings you unpredictably a few times a day

RESPONSIVE STILL POINTS

These happen in real time — right in the middle of an emotional reaction. You use a specific feeling as the cue and pair it with any practice that helps you step back and respond more wisely.

Responsive still points are the goal — but they work best when proactive ones have already built your capacity. The proactive practice is the training; the responsive moment is the game.

Good cues for responsive still points:

- When I feel frustrated, then . . .
- When I feel anxious, then . . .
- When I feel overwhelmed, then . . .
- When I feel like I want to check out, then . . .

How to Choose a Practice

The Then can be almost anything brief and grounding. Options that work across any still point:

- Take one slow breath
- Name three things you can see, hear, or feel
- Ask: "What am I making this mean?"
- Say a brief phrase: "Let it be," "Come back," "I don't have to be anywhere else"
- Soften your body — shoulders, jaw, hands
- Silently wish someone well

Tip: Start with one proactive still point and practice it for three to five days before adding more. Depth beats breadth.

Build Your Still Points Here

Choose one proactive and one responsive still point to start with.

My first Proactive Still Point:

When:

Then I will:

My first Responsive Still Point:

When I feel:

Then I will:

My second Proactive Still Point:

When:

Then I will:

My second Responsive Still Point:

When I feel:

Then I will:

For worksheets and additional exercises, visit oneyoufeed.net/resources