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M T W TH F SA SU

# [ Challenge: One Minute of Silence ]

*"I think 99 times and find nothing. I stop thinking, swim in silence and the truth comes to me."* – ALBERT EINSTEIN

## ► CONSIDERATIONS:

How long is a minute? Beyond the obvious answer of 60 seconds, you will find multiple answers perhaps. Each of us can experience time in very different ways depending on many factors. Have you ever stopped for a single minute and given yourself permission to pause? Not stopping to experience silence might mean that we are giving into noise all day long and letting our lives become a blur.

## ► INSTRUCTIONS:

The point of the challenge is to experience momentary quiet. The reason why it's important is that it makes silence not so scary, more useful, and realistic. Imagine if you could stop regularly and experience the quick benefits of 60 seconds of silence.

- ▶ Get a stopwatch, smartphone with a timer or look at a clock.
- ▶ For exactly one minute, time yourself in silence.
- ▶ Once the minute is over, give yourself another minute (or two) to write down in a notebook what you thought, felt, heard, experienced, etc.
- ▶ Do it again for precisely one minute; repeating to jot down what occurs to you.
- ▶ Do this once a day for a few days.



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# [ Challenge: One Minute of Silence ]

## ► FOR REFLECTION:

**Q:** *Can you describe how the challenge felt in a few words?*

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**Q:** *What was difficult about it?*

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**Q:** *What was rewarding about it?*

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**Q:** *What important moments could start with a minute of silence?*

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