

Date:

- -

M T W TH F SA SU

[Challenge: Reclaim a Space]

"All men's miseries derive from not being able to sit in a quiet room alone." – BLAISE PASCAL

► CONSIDERATIONS:

Where do you go to find some quiet? Do you have a place set aside at home where you won't get interrupted or distracted? Maybe that's easier, but what about at the office, or on the road? Have you considered the importance of a dedicated environment where you can sit in silence to think, plan, read or rest? Not having a specific location will make maintaining the habit of daily quiet time even more challenging to acquire.

► INSTRUCTIONS:

The point of the challenge is to find your quiet spaces. The reason why it's important is that it lets you and others know where silence happens. Visualize that you can always go to your quiet place confidently whether you're at the office, at home or on the road.

- ▶ Think about the environments you live and work in for a few minutes.
- ▶ Write down spaces that you could assign for quiet time.
- ▶ Consider how you might be able to claim them for quiet so that others around you know they now are set aside for this purpose.
- ▶ Pick one place to claim as your own and tell those around you that it will be used for your quiet time.



quiet-works.com

©2022 Sheffield Company, LLC.

Date:

- -

M T W TH F SA SU

[Challenge: Reclaim a Space]

► FOR REFLECTION:

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

Q: *What was difficult about it?*

Q: *What was rewarding about it?*

Q: *Where can you envision setting aside quiet space at work, at home and on the go?*



quiet-works.com

©2022 Sheffield Company, LLC.