



MESI Moments

#OneTeam,

From the moment we wake up and until we fall asleep, human beings make countless choices - by some estimates up to 35,000 decisions every day! They range from the relatively mundane, such as choosing what to wear or what to eat and drink, to potentially more significant choices about how to respond or react during interactions with other people. The quality of our choices depends in large part on how present we are, how well we know ourselves, and how much mental and physical energy we have. Few things bring out our autopilot faster than being tired, distracted, or hungry! Just think of time-tested advice such as “*don’t make big decisions on an empty stomach*” and “*sleep on it*”.

The more we practice noticing and naming our emotions and thoughts with curiosity and without judgment, the more likely we are to understand our underlying needs and be able to make choices in alignment with our values to life's events, rather than react to them. This is a key Awareness skill that can be practiced almost any time and anywhere.

Awareness | The ability to notice and name our emotions and thoughts which helps us understand how they are linked to our values and needs

MESI Practice | 2-Minute Awareness

Try these three steps at any point during your day when you are about to make a decision. As with all mental fitness exercises, practicing a little bit every day will help you build your MESI skills more effectively.

Step 1 | Notice & Name Your Mental and Physical Energy Levels

Take a moment to gauge your energy level and overall sense of wellbeing. How full or empty is your battery / cup / fuel tank? Are you feeling any tension, pain or other discomfort? How thirsty, hungry, or tired are you?

Step 2 | Notice & Name Your Thoughts

Pay attention to how active your thoughts are. Are they focused or scattered? Loud or more quiet? Uplifting or discouraging? If your thoughts were a freeway, would that freeway be at peak rush hour with honking horns, or open road with the windows down and your favorite artist playing?

Step 3 | Notice & Name Your Emotions

In MESI, we don't think of emotions as 'positive' or 'negative' because all emotions provide important information about whether our needs are being met. Instead, pay attention to how your emotions make you feel - are they pleasant or unpleasant? Intense or more subtle? If you can, try to label them with as much granularity as you can using the [Emotions Wheel](#).

By simply taking a few minutes to notice and name, you've given yourself an opportunity to pause for long enough to inform your 'now what?' - the choice you're about to make.