

# Transcript

## Template 3 – MIN[D]SET – Doing

So, now you're ready to observe and analyze at the doing or behavior or action dimension. So first again, choose a moment of a situation. It's easier at first to do a present situation, but it can be done also for a past or future anticipated moment of a situation. And then you start by documenting at the soma dimension. What is conducive? What is non-conductive? Then at the emotion dimension, same thing conducive, non-conductive and the thought dimension. Then you start to observe yourself at the Doing or also behavior action level, so that could be anything from the way you dress so, your appearance, the way you walk, talk, interact with people. So, you describe these, and you could observe whether these are behaviors that are respectful or disrespectful, constructive or destructive, appropriate or inappropriate. And if you find it difficult to find words to describe your behavior, then you can look at the appendix of the instructions paper where you'll see: "Words for Doing."

Then once you have done that, then you can again look at what is conducive or non-conductive to happiness. And you can underline what is conducive and circle which is non-conductive. Do that on several moments and then you will be able to again see how all these dimensions act on each other. So, whether they say you feel in good shape or tired, how does it influence behavior or being angry or calm or does it also influence the behavior? Having thoughts that sometimes are very biased or not very logical, how does that influence? And same thing if a behavior is not respectful, how does it affect your emotions? Maybe with guilt or nervousness and so on, and then in a very dynamic fashion you can understand yourself much better in this moment.