

SNAP – STOP, NOTICE, ASK, PIVOT

By Ian Cron, author of “The Road Back to You”

Many experts would say self-awareness is simply the ability to monitor and regulate our thoughts, feelings, and actions (and the effect they have on ourselves and others). I half agree. In my experience cultivating and practicing self-awareness requires we identify and challenge the bogus unconscious beliefs underlying the ways we think, feel, and act.

While writing my book *The Road Back to You*, I devised a practice to help people surface and neutralize their self-limiting beliefs. Based on the acronym SNAP, this practice has helped me wake up to know when self-limiting beliefs have taken the helm of my life. Here’s how SNAP works.

1. Stop

Every four hours, a notification comes up on my iPhone reminding me that it’s time to stop for two or three minutes to give my full attention to whatever’s happening in my life at that precise moment. To stop, take four or five deep, prayerful breaths to ground yourself in your body and return to the present moment. The purpose of this step is simply to wake up and bring your awareness back to your immediate experience.

2. Notice

Once we’ve come to a full stop, we look around to see what we’ve been missing while we were lost in our thoughts or absorbed in our work. Is the environment around us calm, or burning to the ground? How are we connected to what’s going on? Are we personally in a good space, or do we notice we’re caught up in outmoded, habitual perspectives and behaviors? Whatever you discover, make sure as you notice or observe what you’re feeling, thinking, and doing in the moment that you do so with compassion! No labeling, analyzing, criticizing, or trying to fix anything. Your job right now is to simply notice, nothing else.

3. Ask

Now that you’re awake to what’s happening in the moment, you can ask yourself a few questions that will expose any self-limiting beliefs and get you back on track if you need it:

1. What am I believing right now?
2. How does it make me feel?
3. Is it true?
4. Who would I be if I let go of that belief?

4. Pivot

In the process of moving through Stop, Notice and Ask, you’ve exercised self-observation and deepened your self-knowledge. Armed with that, you are now able to pivot and make different, healthier, more spiritually helpful choices that are more in line with the truth. It’s impossible to overstate how important it is for people to grow in self-awareness, to recognize and challenge their mistaken unconscious beliefs which, left on their own will undermine their best efforts to become the healthiest version of themselves.

“Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny.”