

It's the little things. My Life in the Seven Realms

Who am I?

My name is Eva. I am a daughter, a twin sister, friend, psychologist, student and volunteer.

I try to keep a positive attitude always and I am learning to appreciate more the little things I have in my life that surround me every day. I have noticed that this makes a whole difference to our everyday life. The 7 realms is an extraordinary way of learning to do this and although I have always been aware of it, I have been more focused on the social, body, lifestyle and attitude realms. So, I am now working on having the others more present in my "mind list". Thank you.

Body- I love the feeling after...

I do my yoga class each Friday and stretch my muscles, feeling more flexible and relaxed afterwards.

I do my gymnastics/workout 3 times a week.

I take a warm shower after a long day.

I take care of my body and put on some fine body cream that smells nicely.

I go for a long walk in the mountain or in the seaside.

I go to swim to the Mediterranean sea or the beaches of my home city, Barcelona.

Lifestyle and Behaviours- I love the feeling after...

Whenever I am nervous, I take a deep breath, slow down and pay attention to the little things around me that I love.

I eat a healthy delicious salad, any summer fruit and dedicate my time cooking it and savouring it later.

I go every week to the market and pick up the fruits and vegetables that I love.

I wake up rested and relaxed and take a few moments in bed to listen to the sounds outside and appreciate where I am, what I have, and what I have to do that day.

I dedicate a good time during the weekend to read a novel or something I enjoy which is different from my psychology books and research papers.

Emotions and Feelings- I love the feeling after...

I finish a project, essay or paper I have been working for a long time or I have had a hard time working on.

I write about how I feel, the nice things I have done or shared lately.

A patient or colleague tells me that they appreciate my work or how I talk to them.

I share a few words in the morning with the bus driver, the shop assistant or a neighbour before going to work.

I give a present to a friend or family member which is unexpected.

I hug or receive a hug from my family, a friend or someone I appreciate.

Social and relationship- I love the feeling after...

I catch up with a friend I saw some time ago and I feel as if time has not passed by.

I share something important with my brother or friends.

I ask a friend or my family about an important decision I have to make and listen to their ideas or what they think.

A friend or my brother tells me about an important accomplishment for them.

I prepare with my family something special for a birthday, like a cake or a special meal.

Spirit and Beliefs- I love the feeling after...

I dedicate 30 minutes to meditate at home or in the park, being able to leave my mind blank and enjoy the moment with myself.

I daydream about how the next few months and years of my life will be.

I am able to listen to myself and pay attention to what my mind and body needs.
I say thank you at the end of the day for the things/people I have in my life

Mind and attitude- I love the feeling after...

I think and pay attention at the end of the day to those positive things that have happened during the day.
I am able to maintain a positive attitude when something turns out differently from what I expected.
I continue to learn French, taking my time and enjoying it.
I take a picture of something I find interesting/beautiful and discover something especial from it.
I listen to my favourite songs or watch the movies I love.

Environment and Safety-I love the feeling after...

I notice the birds singing in the patio at dawn and dusk, especially when Spring comes and in the summer.
I breath the scent of a fresh summer rain in the park.
I feel the fresh breeze during a summer evening.
I have time to go to my favourite bookstores and spend a good time there looking for books and discovering new things.
I buy some beautiful flowers and I appreciate their scent and colour and the effect that this produces on me and on others.
The sunny weather comes and I notice the very special scent that you can smell in the nature and songs of the cicadas in the summertime.