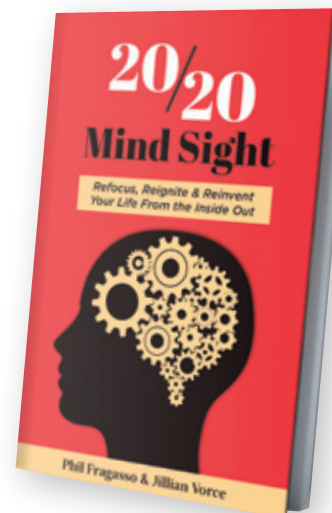


## Chapter 10: “Monologues in the Presence of a Witness” Stay in the Moment

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### Sight Line Worksheet

This worksheet is provided as a supplement to **Chapter 10** of *20/20 Mind Sight*. For maximum benefit, please read the chapter prior to completing the exercise.



AVAILABLE AT:



# 20/20 Sight Line: See For Yourself

Many people spend a majority of their time skimming over the surface of life. It's become so habitual that it's difficult to perceive in ourselves – but it's surprisingly easy to see in others. Get yourself to a coffee shop or some other local venue where people congregate, sit together and talk. Your 20/20 assignment is simply to observe. We're not trying to turn you into a creepy eavesdropper. In fact, the exercise is more effective when you can't hear what is being said. We just want you to observe.

- Look closely at the facial expressions and body language as people converse.
- Pay particular attention to their eyes, head movements and hands.
- What can you glean about the nature of the conversation?
- Is it all business, casual, or flirtatious?
- Is it cheerful or downbeat? Are both people equally engaged?
- Is one doing the majority of the talking? Are they making eye contact with each other, scanning the room, or checking their phones?
- Are they talking to or at each other?
- Do you think they'll remember this conversation the next day or will they forget it as soon as they get up to leave?
- Are they present for each other or just going through the motions?

As you observe these strangers try to apply the insights to your own personal interactions. How often do you “go through the motions” in order to seem polite – but without realizing that your lack of true presence is readily discernable and is among the rudest things you can do? As Reverend Jackson observed,

**“ your presence is the most powerful gift you can bestow on others and on yourself. ”**