

YOUR
CURIOSITY PATH

Presence & Actions

Own Your Mind Active living

Tools to make you
Move Today

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FROM ME, AS YOUR GUIDE

Wisdom doesn't come from reading. It comes from doing.

It unfolds when you stop standing at a distance and start meeting life where it actually happens — in the mess, in the discomfort, in the moments that don't fit neatly into plans.

Active learning keeps wisdom alive. It transforms ordinary situations into teachers. It turns insight into muscle memory.

This approach demands presence. Not passive observation — but full participation. Learning by living. Understanding through action. Letting experience shape you instead of waiting for the perfect moment to begin.

Over time, wisdom stops being something you know and becomes something you feel — a sense of direction, timing, and proportion that no book can give you.

WHY I DESIGNED THESE ACTIVITIES

They build inner orientation. They sharpen your ability to discern what's real from what's inherited. They deepen awareness and let learning settle into how you actually live, decide, and show up.

This isn't theory. This is a path that supports a life guided from within.

Wisdom becomes something you walk with — not something you think about. Now stop reading. Go ahead and be the change.

THE RULES OF LIVING AWAKE

Wisdom isn't collected. It's built — through sweat, friction, and getting your hands dirty. These aren't journal prompts. These are orders. Do them or stay asleep.

"Later" is where your life goes to rot. Every time you push something into tomorrow, you tell yourself you don't matter yet. You do. And it starts NOW.

John Dewey

"Education is not preparation for life; education is life itself."

1. THE COLD WAKE-UP

Start the day with cold water on your face — or a full cold shower if you've got the guts. No easing in. Shock the system. This trains your body to show up when it doesn't feel like it.

2. NAME TEN THINGS IN YOUR SPACE — OUT LOUD

Stop once a day and name ten concrete details around you. Say them out loud. A crack in the wall. The sound of traffic. The weight of your own feet. This is presence training. It pulls you out of your head and into where life actually happens.

3. ONE FULL TASK — NO INTERRUPTIONS

Choose one task. Do it completely. No phone. No tabs. No "just checking." Feel what it's like to finish something without fragmenting your attention. This is how you build control over your own mind.

4. MOVE FOR TEN MINUTES — NO EXCUSES

Walk. Stretch. Do push-ups on the floor. Dance like an idiot in your kitchen. Move your body every single day — not for fitness, but for ALIVENESS. The body is not separate from wisdom. If it's dead, you're dead.

5. SHUT UP AND LISTEN — ONE CONVERSATION, NO INSERTING

In one conversation today, don't add stories, opinions, or advice. Just receive. Let the other person exist without you needing to shape it. You'll feel a depth of understanding you didn't know was possible.

6. THREE BREATHS BEFORE ACTION

Before every decision — pause. Breathe. Then move. Not from impulse. From presence. This is how reactions become choices.

Richard Feynman

"I learned very early the difference between knowing the name of something and knowing something."

WEEKLY COMMANDS

7. DO ONE THING YOU'VE NEVER DONE

It doesn't need to be big. Cook a dish you've never tried. Walk a route you've never taken. Fix something with your hands. Novelty is how you stay awake. Routine is how you fall asleep.

8. BUILD SOMETHING WITH YOUR HANDS

Every week, touch materials and create. Carve wood. Assemble furniture. Bake bread. Knit something ugly. Your hands hold more intelligence than your overthinking brain ever will.

9. SPEND ONE HOUR DOING NOTHING PLANNED

No agenda. No goals. No outcome. Let yourself be without purpose for sixty minutes. Direction shows up when you stop forcing it.

10. FINISH WHAT YOU START

No matter how ugly. No matter how imperfect. Completion builds authority inside you. Abandonment tears it down. Done beats perfect. Every time.

11. TALK TO A REAL HUMAN ABOUT THEIR REAL LIFE

Not online. Not content. Not influencers. Ask one person about something they've actually lived through. Feel the difference between information and experience.

Confucius

"I hear and I forget. I see and I remember. I do and I understand."

NIGHTLY DISCIPLINE

12. ONE-SENTENCE DISTILLATION

Write one line before bed: "Today showed me that..." This forces you to notice what mattered. It trains discernment like nothing else.

13. NAME ONE PATTERN YOU NOTICED

Once a week, write down one repeated behavior you spotted in yourself. Don't judge it. Just SEE it. Awareness changes action faster than willpower ever could.

14. REVIEW ONE DECISION

Pick one choice you made today. Ask: What supported it? What didn't? This is how judgment sharpens.

15. NAME WHAT CARRIED WEIGHT

What actually mattered today? Not what was urgent. What MATTERED. Write it down. Priorities align when you look at them honestly.

16. SET ONE ADJUSTMENT FOR TOMORROW

Not a life overhaul. One small shift. Momentum builds through consistency, not dramatic promises.

Buckminster Fuller

"I am not a genius. I am just a tremendous bundle of curiosity."

PACE RULES — STAY GROUNDED

17. SLOW ONE THING DOWN

Pick one thing you normally rush through — eating, walking, showering. Do it at half speed. Notice everything. You'll feel grounded within minutes.

18. MOST IMPORTANT THING FIRST

Every morning, choose ONE thing that truly matters. Do it before anything else. Before email. Before scrolling. Before the world gets a vote.

19. LEAVE GAPS BETWEEN COMMITMENTS

Stop scheduling back-to-back. Leave ten minutes of nothing between things. Your brain needs space to process or it runs on garbage fuel.

20. ACT ONLY WHEN READY

Not anxious. Not frantic. Settled. Wait until the action feels aligned, not forced. The results will be cleaner than anything you've muscled through.

21. DAILY ALIGNMENT CHECK

Ask yourself once per day: Does this match how I want to live? Answer honestly. Direction strengthens when you stop lying to yourself.

Ray Bradbury

"Life is trying things to see if they work."

WHAT THIS BUILDS

- Grounded, intentional choices — not reactive ones
- A felt sense of direction you actually trust
- Stronger judgment and clearer thinking
- Wisdom that lives in your body — not just your brain

LIVING WISDOM THROUGH ACTION

Wisdom doesn't come from reading about it. It comes from DOING — engaging, noticing, building, failing, and moving again.

This path gives you clearer perception, stronger choices, and internal direction — from the very first step.

No more "I'll start Monday." No more "When things calm down." No more storing your life in a future that doesn't exist.

The only moment you own is this one.

Stop reading. Start doing. Now.

John Holt

"Learning is not the product of teaching. Learning is
the product of the activity of learners."