

15 Daily Opportunities for Introverted Intuition Processing

Carving out time for Introverted Intuition is vital INFJ self care. But what about the seasons in which our outer lives are especially demanding?

Mindfulness and presence in the moment are essential to wellbeing— and yet we are complex humans, with often competing needs.

Sometimes we tend to our need to process— to review the past for insight and explore future implications— by “taking the elevator down” inside while we spend time on automatic tasks.

- Over morning coffee/tea
- Before the kids wake up
- While getting ready for work
- While driving (if you can keep sufficient attention on the road!)
- While washing dishes
- During your lunch break
- While tidying/doing chores
- While gardening
- During exercise
- While you cook
- After the kids are in bed
- While doing laundry
- As you're waiting (doctor's office, standing in line, school pickup, etc.)
- In the shower/bath
- While getting ready for bed