



OCTOBER 2018

CARE PACKAGE



Discover the vibe of life.



CARE PACKAGE

CONTENTS

WEEKLY CALENDAR

View a week's worth of upcoming
Mindful Daily episodes.

[CLICK TO VIEW](#)

MONTHLY CLASSES

Flyers to be used to promote the premium
courses that are available to you on eM Life.

[CLICK TO VIEW](#)

THEME WEEK BLOG

A blog post that is written to introduce
and share practices related to this
month's Theme Week.

[CLICK TO VIEW](#)

MINDFUL MEETING MOMENT

Short form mindfulness practices to prepare
your team to be calm, focused, and more
efficient for your next meeting.

[CLICK TO VIEW](#)

MINDFULNESS ARTICLES

A collection of mindfulness articles
curated from around the web that
are related to the monthly theme.

[CLICK TO VIEW](#)

PRACTICE GUIDE

The Mindful Daily Practice Guide Volume 2
contains efficient mindfulness practices that
can be used outside of the classroom.

[CLICK TO VIEW](#)

OCTOBER 1

WEEKLY CALENDAR

MONDAY



NOT SO COMMON COURTESY

What does common courtesy mean to you?



01

Even though it's called "common courtesy", acts of kindness aren't always that common. What if you shifted the act of a common courtesy to be a wake up moment of gratitude in your day?

OCTOBER 2-8

WEEKLY CALENDAR

TUESDAY



VALUES CHECK

Are you moving in the direction of your goals?



02

We can place so much emphasis on achieving that we can create a habit of continually striving for more. Learn how mindfulness can help you make sure you're moving in the direction of your goals at the Mindful Daily!

WEDNESDAY



NO QUICK FIX

What is your first reaction when you feel pain?



03

Our normal reaction when we feel discomfort is to rid ourselves of that feeling as quickly as possible. By learning to pause before we turn toward a quick fix, we can better discern what we truly need in the moment.

THURSDAY



MANAGING SPAM


How do you sort through everyday SPAM?



04


The world is full of information, and frustratingly, much of it isn't true or accurate. What helps you sort through the SPAM in your day?

FRIDAY



JUMPING FOR JOY

What has brought you joy today?



05

While you may not be able to force yourself to experience joy, there are ways you can increase your odds! How could you help create the conditions to experience more joy in your life every day?

SATURDAY



HUNGER AND FULLNESS


How do you know when you've had enough to eat?



06


How do you make decisions about when to eat? What to eat? When to stop? If you're like most people, you're basing a lot of your eating decisions on external cues. Learn how to tune into your Hunger & Fullness levels with mindfulness!

SUNDAY



TAKE YOUR TIME

How could slowing down help you accomplish more?



07

Sometimes rushing through things leads to taking much longer to get things done on a seemingly simple task. How could slowing down help you accomplish more?

MONDAY



I SEE WHAT YOU MEAN

How could mindfulness help you get perspective?



08

Have you ever thought "how could that person be so thoughtless?" We can feel disconnect in these moments, even to people we love, but they doesn't mean they meant any harm. How could mindfulness help you see from another's perspective?

OCTOBER 9-15

WEEKLY CALENDAR

TUESDAY




THAT'S ENOUGH

Does more actually make you happier? 

09

As soon as we know that we could have more, sticking to our original order, which was likely "enough," can feel unsatisfying. How do you find yourself getting hooked by the ever present message that "more will make you happier?"

WEDNESDAY



BLISSFULLY "BEING"

What keeps you from just being? 

10

In today's world, it's easy to get caught in "action addiction". Can you relate? Do you ever have a moment when you could sit still, but then pull out your phone? Learn how mindfulness can help you "Blissfully Be" at the Mindful Daily!

THURSDAY



SLEEPING SOUNDLY

What helps you get quality sleep? 


11

Some challenges to getting enough sleep are more in your control than others. By learning to identify unhelpful thinking patterns that lead to staying up late, or keep you up, you have the space to interrupt them and create more helpful night time routines.

FRIDAY



ARE YOU LOOKING AT ME?!

When do you feel self-conscious? 

12

How often do you find yourself thinking another person is looking at you, judging you, or talking about you in a negative way? Learn how mindfulness can help you break the self-conscious habit at today's Mindful Daily!

SATURDAY



I DON'T THINK I LIKE THAT

How do you manage inaccurate expectations? 

13

Have you ever thought you don't like a food, and then you taste it again and to your surprise, you do like it? When we notice the power our expectations have over an experience, we have a better chance of managing inaccurate expectations.

SUNDAY




WHEN INACTION IS THE BEST ACTION

When is being still the right move? 


14

Believe it or not, sometimes doing nothing can be the answer! Consider for yourself, when could doing nothing be the best choice?

MONDAY



MINDFUL OPTIMISM

What helps you see things as they really are? 

15


We've all wondered if we're a glass half empty or half full kind of person. But when we consider these two options, neither is actually balanced. What if we could be optimistic, and also trust that we can see clearly whatever arises in the moment?

OCTOBER 16-22


WEEKLY CALENDAR

THEME WEEK: RESILIENCE

TUESDAY



THIS I BELIEVE.

What helps you believe in yourself? 

16

When you face failures in life, do you believe in yourself as much as you believe in others when they go through challenges? Learn how mindfulness can help you connect to the confidence in yourself!

WEDNESDAY



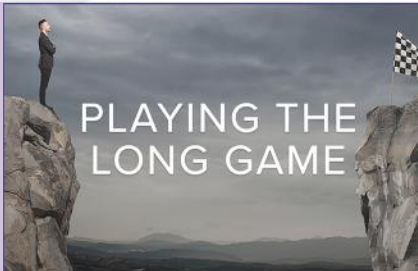
HIGH HOPES

How do you celebrate your high hopes and your resilience? 


17

When we say we don't want to get our hopes up, what are we really afraid of? Sign up for the Mindful Daily to learn how to celebrate your high hopes and your resilience!

THURSDAY




PLAYING THE LONG GAME

How could your mind-set help overcome obstacles? 


18

What happens to your motivation as you face obstacle after obstacle while moving towards your goal? Our mindset has a huge impact on how we manage these situations. Learn how to Play The Long Game at the Mindful Daily!

FRIDAY



AN ENCOURAGING CONVERSATION

What do you say to encourage yourself? 

19

Things don't always go the way we want, and our best efforts just aren't enough. The way we talk to ourselves during these times could have more impact than the challenge we're facing. How could you better encourage yourself during tough times?

SATURDAY



RESILIENCE RITUALS

What helps you reset from stress? 


20

Have you had a day where one stressful thing kept happening after another? Each little stress we haven't recovered from might be setting us up for overreacting to something small that happens later. How would Resilience Rituals help you better reset from stress?

SUNDAY



SHINE ON

How do you shine your light in times of darkness? 

21

When it comes to difficult times in life, are you a beacon of light for yourself? Do you let your belief in yourself shine in times of darkness? Find out how mindfulness can help you Shine On at the Mindful Daily!

MONDAY



GO SLOW TO GO FAST

What helps you take time you need to move forward? 

22

During setbacks, we get advice to pick ourselves up and bounce back stronger than before. But sometimes, slowing down is more of what we actually need to fully recover. Discover the benefits of Going Slow To Go Fast at the Mindful Daily!

OCTOBER 23-29


WEEKLY CALENDAR

TUESDAY



OUT OF MY CONTROL

How do you manage your stress when you've done all you can?



23 When you've done all that you can do, how do you manage your stress as you wait to find out if it all works out? At today's Mindful Daily, learn how to recognize when it's Out Of Your Control!

WEDNESDAY



IT'S DIFFERENT THAN I IMAGINED

How does "the way it is" prevent the way it could be?



24 Have you ever felt like your expectations get in the way of what could be? Learn how everything is constantly evolving and how to let go of static expectations at the Mindful Daily!

THURSDAY



WORK IT OUT

What helps you compromise?



25 Because we are unique human beings, it's not uncommon to have clear ideas of what we think is right, and these ideas don't always match another person's ideas. Learn how mindfulness can help you compromise at the Mindful Daily!

FRIDAY



MORE THAN THE THOUGHT

What helps you follow through with your intentions?



26 Research shows that just thinking about engaging in a positive act can make us feel good. It might make us feel so good, we almost feel like we've done the act, and we let ourselves off the hook from finishing. What helps you follow through with your intentions?

SATURDAY



BE MY TEMPORARY GUEST

What helps you to be with difficult emotions?



27 Being aware of your emotions and understanding the need they are conveying is essential to being able to manage them skillfully. Learn how mindfulness can help you be with difficult emotions at the Mindful Daily!

SUNDAY



SPEAK OUT

What gets in the way of saying what's on your mind?



28 What makes it challenging to voice your opinions? In today's world, there are so many voices, it can be hard to know what we truly believe. At today's Mindful Daily, learn how mindfulness can help you tune into what you really want to say.

MONDAY



**STEP 1- LOVE ME
STEP 2- LOVE YOU**

What helps you love yourself?



29 You've likely heard the belief that in order to truly love another, you must first learn to love yourself. What rings true about this for you? Learn how mindfulness can help you love yourself at the Mindful Daily!


OCTOBER 30-31

WEEKLY CALENDAR

WEDNESDAY

THE DARK SIDE

What helps you confront your personal demons?



31 Our typical reaction is to avoid pain, so it makes sense that we want to get rid of painful emotions - they can be incredibly uncomfortable. But sometimes staying with our emotions is what we need. What helps you confront your personal demons?

TUESDAY

TREATS ARE TRICKY



How do you manage temptation?



30 With the holidays approaching and so many treats around us, it's easy to 'trick' ourselves into having one too many. How do you manage temptation for sweet treats?



RESILIENCE WEEK OCTOBER 16-22

Building Resilience Throughout Life's Journey

Mike has worked as an eM Life teacher since 2017 and has been passionate about training his mind since he was 16. After he was first introduced to mindfulness, his desire to understand and work with his mind led him to earn degrees in Psychology and Philosophy, to research attention training in monastic education in Nepal, and to sit four and a half years in intensive solitary mindfulness retreat. After finishing his retreat Mike began to teach mindfulness to others, and after starting his own family he became interested in bringing the benefits of mindfulness to parents, children, and families.

Bumps in the Road of Life

Life always has something to throw at you and there isn't really any way around it. Sometimes we get hit with small hiccups in the road (my toddler just peed his pants in the car, I can't get this freaking toaster to work) and sometimes we're hit with things that knock us hard off our feet. Losing your job, finding out someone you trust is taking advantage of you - life can and will throw many curve balls at us. Not only that, but our world is changing so rapidly that we have to constantly adapt to it. Entire industries are disappearing as technology advances, and even industries that don't disappear change so much that if we're not continuously growing and evolving we won't be able to keep pace. With so many challenges popping up, it's useful to have a few ways to keep our minds resilient. So, what does it mean to build resilience? Resilience is the capacity to recover from difficulties in life, to adapt well in the face of adversity. Here's three ways we can develop mental resilience to recover from the big (and small) hiccups of life.

1. Keep in mind your big goals

When we hit bumps in the road, it always helps to widen our perspective and remember the big goals that we set in the first place. We typically set a big goal and try to achieve a lot of smaller goals on the way there, so when we've become derailed from some of these smaller goals it helps to ask if we're also derailed from the big picture. As long as we keep some flexibility with the smaller goals we can rework our circumstances and figure out new ways to achieve the big picture. When we can step back and remember what it is that we really want we can be creative and flexible about how to get there.

2. Reconnect to your intention

It's so important for us to remember why we're doing things - what is the purpose and point we're seeking to achieve? Often when we start a

project, we have clear reasons why we're doing it and we try to live our lives accordingly. But sometimes we get bogged down in the details and mayhem of life and we begin to forget where we're going and why we're going there. We lose sight of why we work the way we do, why we relate to our friends and family the way we do, why we spend our time the way we do, and we end up constantly reacting to life without having the space to remember our intention. When we reconnect with our intention we remember what it is that we really want. We don't get stuck with the instances in life that go awry but instead we let the changes of life happen. Even if those changes seem like setbacks, as long as our intention is strong we can still move in the right direction.

3. Adopting a growth mindset

People have different mindsets when it comes to failure or facing obstacles. A fixed mindset believes that we are inherently the way we are, that we are as smart as we are and as talented as we are and that's it. With a fixed mindset we constantly evaluate our worth in relation to our success and failure, always searching for approval and fearing rejection. On the other hand, a growth mindset acknowledges the plasticity of the brain and the truth that we are evolving throughout life, both physically and mentally. Through hard work we can learn new talents and overcome challenges. We are a work in progress, and in this light failure is redefined as learning. The bumps in the road that we encounter are in fact the very opportunities to shape us into magnificent people. We're able to acknowledge and embrace our imperfections, see challenges as opportunities, and feel confidence as we engage in the process of life. Many of us don't even realize that our minds are moldable, that our brains are constantly changing and growing and that we play a powerful role in shaping how our minds work.

Trust in your ability to constantly learn and grow through life's setbacks.

In the end it's our minds that help us to overcome the challenges in life. It's that flexibility and resilience in our minds that allow us to be dynamic and adapt to our ever-changing circumstances. Without knowing how our minds work and how to work with our minds we continuously look outside for solutions to our problems. We fail to recognize that just by changing our paradigms, beliefs, and ways of relating to the world we can change everything in our lives. This is where our mindfulness practice starts to shift everything. We are not doing a mindfulness practice just to be more calm or relaxed, but we're doing it to reconnect with our innate ability to be aware of the present moment. We're remembering how to be present to our senses, our thoughts and emotions, and our lives without buying into our stories and beliefs about what we perceive all the time. With practice we begin to give ourselves the space and presence needed to develop a growth mindset, to set our intentions, and set goals for ourselves in the dynamic way that our lives call for. It's so simple, yet so many of us have never been taught how to do it. This is where it all begins, with awareness, seeing how we truly are and taking that first step to surrender to the flow of life, letting go of habits and patterns that trap us and easing into a resilient mind.

Explore eM Life and take part in one of our Mindful Daily sessions this month as we delve into many aspects of happiness and a variety of helpful tools and skills to help cultivate it.



OCTOBER MINDFULNESS ARTICLES



The following articles coincide with our monthly mindfulness topic –
MINDFUL STRATEGIES FOR RESILIENCE

MINDFULNESS + RESILIENCE

Quick Read (3 min)

5 Ways to Build Resilience Every Day

[CLICK TO READ](#)

Quick Read (4 min)

Mindfulness: The Art of Cultivating Resilience

[CLICK TO READ](#)

Longer Read (5 min)

How People Learn to Increase Their Resilience

[CLICK TO READ](#)

BUILDING RESILIENCE

Quick Read (3 min)

Resilience: Build Skills to Endure Hardship

[CLICK TO READ](#)

Quick Read (4 min)

The One Resilience Skill You Need to Overcome Life Stress

[CLICK TO READ](#)

Longer Read (8 min)

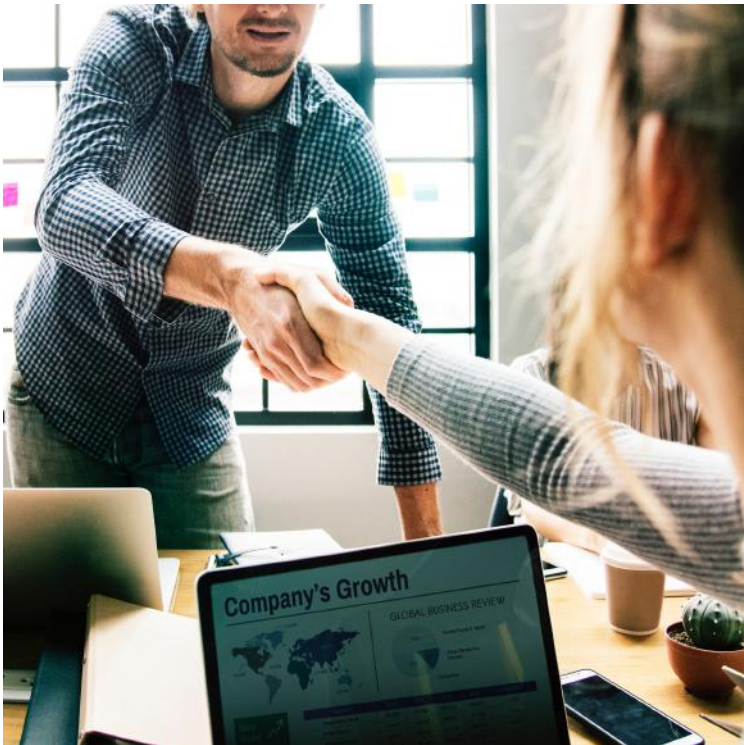
The Road to Resilience

[CLICK TO READ](#)



STRESS LESS, LIVE MORE

Creating Better Relationships at Work



REGISTRATION INFORMATION

Date and Time:

October 10th 1:00 pm EDT

October 22nd 12:00 pm EDT

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now in your company eMindful portal.

Are the people with whom you are spending most of your time nourishing or depleting? What is the quality of your communication with others? In this session, we will explore the qualities and attitudes of interpersonal mindfulness by bringing nonjudgmental present moment awareness to our interactions with others, and the art of mindful communication –speaking and listening.

COMING IN NOVEMBER
STRESS LESS, LIVE MORE
Managing Activities to
Prevent Burnout

Please contact Support at support@emindful.com or 1-855-211-1536 with any questions.



WEIGHT BALANCE FOR LIFE

Surfing the Urges to Overeat



REGISTRATION INFORMATION

Dates and Times – Choose One:

October 17th 3:00 pm EDT

October 26th 12:00 pm EDT

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now in your company eMindful portal.

Many of us experience urges to eat when we are not physically hungry or when we are past fullness, perhaps to manage our emotions or avoid dealing with stress is a part of life. In this session, you will learn how to identify and eat according to physical hunger and fullness, as well as how this can help improve your quality of life.

COMING IN NOVEMBER

WEIGHT BALANCE FOR LIFE

Holiday Eating

Please contact Support at support@emindful.com or 1-855-211-1536 with any questions.

MINDFUL MEETING MOMENT

Choose your desired length of Mindful Meeting Moments- short form mindfulness practices that can prepare your team to be more present, more focused, and more effective for the meeting ahead. So settle in, straighten your spine, and follow along.

1 MINUTE

[CLICK TO LISTEN](#)

3 MINUTES

[CLICK TO LISTEN](#)

5 MINUTES

[CLICK TO LISTEN](#)



the

MINDFUL DAILY

PRACTICE GUIDE

VOLUME 2

a handy pocket guide to

GRATITUDE, JOY, COMMUNICATION,
AWARENESS, REDUCING STRESS,
PERFORMANCE and EFFECTIVENESS



DAILY MINDFULNESS FUNDAMENTALS

GRATITUDE

What are you grateful for so far in your day?
How does gratitude feel in your body?
Will this truly make you happy?

PERFORMANCE

When you find the urge to do 2 things at once, take a mindful breath. Set an alarm to remind you every 1-2 hours

JOY & HAPPINESS

Are you creating conditions for happiness in your life? What is actually joyful in this moment? Feel the experience.



STRESS

Check in with your thoughts. Are you reacting in ways that make your stress worse or avoid dealing with it? Try taking a few mindfulness breath instead.

COMMUNICATION

Focus your full attention on listening with openness and curiosity. Is there any anxiousness, impatience to being heard?

AWARENESS

Let go of the sense: "This is not how it should be"
Bring your attention to the inner experience of daily activities
How does a human deserve to be treated?

TIPS FOR STAYING MINDFUL

- Ⓢ Set an alarm every 1-3 hours to focus your attention on an activity, sensation, or thought.
- Ⓢ Take a mindful breath and focus your attention on the feelings in your body.
- Ⓢ Identify joyful, stressful, or routine activities and focus on the thoughts and feelings they bring.



GRATITUDE

It's easy to focus on what isn't enough and overlook all of the things going well and the small successes for which you can be grateful. By intentionally practicing gratitude you are more likely to recognize how you are enough, experience enough, and have enough.

PRACTICING GRATITUDE

GRATITUDE FOR YOU

How would it be if you trusted you are enough? Smart enough, kind enough, successful enough? Take a moment to be grateful for the ways you are enough right now. If the “yes, buts” show up, see if you can let them go for now and just soak up the gratitude of being enough.

GRATITUDE FOR THE BODY

Send your body gratitude for helping you get from one place to another, communicate with others, express your needs, etc. What can you be grateful for that your body has made possible today?

GRATITUDE FOR OTHERS

Who are you grateful for in your life? Are there loved ones who make your life brighter and more meaningful? Colleagues and mentors who help you grow? Communities where you feel a deep sense of belonging? Notice how connecting to others with a sense of gratitude can deepen your sense of connection and strengthen your relationships.

GRATITUDE FOR LIFE

Recognize the good and wonderful aspects of your daily life – nature, people, places. These can be the small and the big things in life. Running water, nature, education, your mindfulness practice, an act of kindness, your favorite sports team... Notice how you can increase your satisfaction with your life by intentionally connecting to gratitude.



JOY & HAPPINESS

Life can become a series of busy actions and transactions, that crowd out moments of joy and happiness. These simple steps can allow you to experience greater happiness and joy throughout your day... no matter what you're doing.

Allow yourself to experience more happiness and joy throughout your day

JOY DAILY: STEP BY STEP

INTERACTIONS

Today, every time you have a task, request, or errand that involves interaction with another person, start with a mindful pause. Use all of your senses to be fully present.

Take a minute or two to send loving-kindness to the person you are acquiring for or from (this may be to yourself).

Ask yourself if there is a way that giving of your time, attention, energy, or money would bring more happiness in the process of acquiring, or more happiness than acquiring.

DROPPING INTO RIGHT NOW

Joy and happiness are only experienced in the present moment. So the more present we can be throughout the day, the more opportunities to experience joy and happiness.

- 1 Set your alarm to go off every few hours signaling you to stop what you are doing.
- 2 Take a mindful breath and become fully present. As you feel the breath moving in and out of your body, feel the joy in breathing.
- 3 Expand your awareness to observe what is happening now that brings you joy and happiness. How does it feel in your body?
- 4 Let the experience of joy and happiness throughout your day recharge you and help you be more effective in your day.

*Joy and happiness are only
experienced in the present moment*



COMMUNICATION

Connect in ways that are more fulfilling and effective.

Connect to your intention of how you want to communicate with others

HOW MINDFULNESS CAN HELP

CONNECT TO THE POWER OF YOUR WORDS

By speaking from your deeper intentions for what you want to communicate.

Prior to individual or group conversations, take a moment to Stop what you are doing or saying.

Check in with your body. What are you noticing? Is there any tension, tightness, impatience? Or relaxation, ease, patience, curiosity, wanting to connect? Simply notice what is happening now that may influence your communication.

Connect to your intention for how you want to communicate with others. Is there an intention for clarity, to be understood and to understand, kindness, connection?

As you engage in conversation, keep connecting to your intention and notice how this influences your interaction.

BE MORE PRESENT BY STOPPING MENTAL INTERRUPTIONS

Research shows that our minds wander about 50% of the time, and this can mean we aren't present much of the time we're communicating with others.

Today, each time you are engaging in a conversation, practice noticing when your attention wanders away from listening to the other person.

Take a breath to help you reset and become present.

Refocus on listening mindfully to the other person. What are the words spoken? The emotions present? What matters in this conversation?

Each time your attention wanders repeat these steps. Make sure to practice kindness toward yourself and try not to criticize yourself when your mind wanders. Mind wandering is normal, and criticizing yourself will only keep you distracted for longer, while kindness will help you relax and connect.

LISTEN MINDFULLY BY ABSOLVING ASSUMPTIONS

Assuming itself is not bad. It's an efficiency of the brain to jump to conclusions, without having to think deeply and comprehensively about everything. However, buying into assumptions prevents the curiosity necessary to see reality clearly, explore different perspectives, and understand others.

- 1 Practice listening with a curiosity and openness to learning something new, or to trying out a new perspective.
- 2 When you notice assuming you already know what the other person will say, or what the right perspective or way to think about the topic is, take a pause.
- 3 Take a breath or two and notice how assuming feels in the body. Is there tension, impatience, frustration, arrogance, feeling closed off? Notice that it is the opposite feeling of being curious.
- 4 Now practice becoming curious and open to what the other person is saying. See if you can try out the other perspective. What is it like to listen with a sense of wanting to understand and experience something new?
- 5 As you wrap up the conversation, you don't need to buy into the other person's beliefs or perspectives. This practice is about noticing how assumptions can limit our learning, understanding and connection.



AWARENESS

We are constantly experiencing thoughts, emotions, sensations, and other information within ourselves, from others and our environments. Learning to be aware of our inner and outer worlds can help us to make wise choices for our health, relationships and work.

Tap into a deeper sense of knowing in the body

MINDFUL AWARENESS CHECK-IN

Start training your awareness by taking a few moments to stop and check-in with your experience in the moment.

Notice what's happening in the mind. Is there a busyness of chatter? Does it feel like your mind is racing? Or is there peace and space between thoughts?

Drop beneath the chattering mind. Notice any themes of thinking. Are your thoughts planning, remembering? Are your thoughts positive or negative? Are they productive and helpful or unproductive and unhelpful? What is important about your thinking? Your emotions? Are they subtle or intense? What are your emotions trying to tell you? What about your physical sensations?

Drop into wisdom. Connect to a deeper level of knowing. You might notice intuitions or values that are informing what is sustainable and what isn't, your true needs, what to let go of. Simply learn to tap into a deeper sense of knowing in the body and make space for that knowing to become conscious.

BEING VS DOING

When we're caught in a habit of doing, doing, doing, we miss valuable information necessary for taking good care of ourselves and being truly effective in our lives. Learning to make more space for "being" can be just what is needed for greater health, happiness, connection and performance.

- 1 Bring awareness to what drives you to resist "being" and jump into "doing". Are you overwhelmed by your to-do list? Feel guilty about taking a moment for yourself? Does it feel validating to be so busy? Or is it simply a habit of doing that feels unnatural to stop?
- 2 By bringing curiosity to what pulls you out of "being", you can better understand your own needs. Do you need to cross things off the list that don't truly add value to your life? Or to give yourself permission to "be."
- 3 Take a moment now to just "be." Notice that experience. What is the value in having more time for "being" right now? What are you becoming aware of that could help you make wise choices in this moment?

Make a commitment to take care of yourself

AUTHENTIC SELF

Before getting out of bed, as you go to sleep, and one other time today, ask yourself what you need in order to stay connected to your authentic self.

Take a few moments to check in with your body and see if you become clear.

Make a commitment to take care of yourself by responding to others authentically today.



STRESS

We experience stress when we do not believe that our capacity for coping with obstacles is enough for what the circumstances demand. When we think these demands exceed our ability to cope, we then perceive stress.

*Make time for a
reinvigorating activity*

STRESS BUSTING TIP FOR REINVIGORATING YOURSELF

- 1 Consider one thing or activity that helps you feel more engaged and resilient. This could be taking a 5-minute break, chatting with a friend, reading something that makes you laugh, or walking outside for a few minutes.
- 2 Take a few minutes today for the recreation you've chosen, in order to "re-create" a sense of balance, energy and inspiration.
- 3 Notice the impact that just a few minutes of a reinvigorating activity can have on your day.

GET PERSPECTIVE!

Taking your stress temperature is a great practice to check in and notice how much stress you have and if you're managing stress effectively, or making it worse.

Set your alarm to go off every 2-3 hours and practice STOP - Stop, Take a breath, Observe, and Proceed.

Stop and take a few mindful breaths to become present.

Observe your inner experience. Are you experiencing any stress? If so, is the way you're thinking and feeling appropriate for the situation? Is it helping to problem-solve and minimize stress, or is your reaction making it worse?

Proceed with greater clarity about how to keep stress in check by managing your inner experiences more effectively right now.

*Take a few mindful breaths
to become present*

CHECK IN

Check in and notice your level of stress, or lack of stress. What is the urge or reaction that is wanting to happen in the moment? Notice what happens when you shift into the observer mode and stay curious without acting on your urge.



PERFORMANCE

Create the inner conditions for optimal performance by tapping into your mind and body.

“What is uniquely being called for right now?”

THE POWER OF PRESENCE

When we're not present in the moment, our decisions are made out of habit. This means that we're making choices for now based on what we learned in the past. While there is value in being able to do this, we're able to make choices for optimal performance when we're tuned into what is uniquely called for in this moment's circumstances.

Today, when you're engaging in routine tasks, take a moment to pause and notice any auto-pilot habits you're engaging in. Perhaps the assumptions you're bringing toward a person, conversation, or task. Notice how that habit gets in the way of noticing what is unique about the situation right now. Then ask yourself, what is uniquely being called for now? Would more curiosity, patience, creativity, kindness allow you to move forward more effectively?

As you move forward, notice how waking yourself up to what is unique in your everyday situations allows you to perform optimally, be of greater service, and enjoy your day.

ATTITUDE IS EVERYTHING

While attitude isn't really everything, it significantly influences the way we experience and do everything.

Today, choose an intention or attitude that you wish to cultivate in your life so that you can perform more effectively.

Practice experiencing everything that happens both in your internal and external world from that attitude. For example, if you choose abundance it might be experiencing your day through the lens of "I have enough time for what matters," "I have enough resources to make this happen," "I have enough money to be happy," "I have enough love in my life..."

Notice how your attitude influences how you experience the moments of your life, and how you respond to each situation.

*Better decisions are made
when you're fully present*

THE FUTURE IS NOW

Your beliefs and expectations can create a sense of worry, when unchecked can leave us paralyzed by overwhelm, fear and uncertainty. Manage your expectations about the future to make wiser choices now.

Today, practice becoming aware of your expectations and how they influence your thinking, mood, and choices.

If you notice negative expectations about the future spinning you into a state of worry and overwhelm, take a deep breath to shift your attention back into the present.

Then ask yourself, "Who would I be without that worry?" "What can I do now by staying present?" "What support do I need to take care of myself?"

Notice how becoming present allows you to connect to your resourcefulness now to make wise choices now for your future.

