



NOVEMBER 2018

# CARE PACKAGE



Discover the vibe of life



# CARE PACKAGE

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# NOVEMBER 1-5

## WEEKLY CALENDAR

THURSDAY




THE RIGHT TRACK

How do you manage your goals during the food trap season?




**01** The food trap season has begun! Do you find yourself compelled to eat holiday treats even when you aren't hungry? Learn to manage those urges and stay on The Right Track with mindfulness!

FRIDAY



HELLO, YOU

How did you greet yourself today?



**02** How do you greet yourself first thing in the morning? If you greet yourself with anything but love, what gets in the way of greeting yourself as a welcomed guest?

SATURDAY




MID-DAY PICK ME UP

What helps you get through the mid-day slump?




**03** The mid-day slump hits us all, but there are more ways to get through it than just coffee. At today's Mindful Daily, learn more about mindfulness as your Mid-day Pick Me Up!

SUNDAY




THE SYMPHONY OF DISTRACTIONS

How do you break through distractions?




**04** There are many powerful distractions that can make it difficult to be a good listener, including our daily devices and even our own minds. Learn how to break through The Symphony Of Distractions at today's Mindful Daily!

MONDAY



SHOPPING WITHOUT MOTIVE

What does it mean to you to consume consciously?



**05** Do you ever find yourself consuming unconsciously? Whether with dessert or even just a magazine, we all do it. What would shift for yourself and your finances if you started to consciously consume?

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**DON'T WAIT!**

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06

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WEDNESDAY



**WHAT'S YOUR AGENDA?**

How does your agenda influence your experiences? 


07

Having an agenda can be useful, but if followed too strictly, it can get in the way of what's naturally arising. Learn more about the influence your agenda has over your experience at the Mindful Daily!

THURSDAY




**DON'T OVERTHINK IT!**

What leads you to overthink? 


08

There are many ways we gather information when making decisions. We can look to past experiences, we can gather outside data, and we can tap into our intuition. In today's Mindful Daily, learn how to tune into the inner wisdom in your body!

FRIDAY



**"I AM ENOUGH"**

What helps you recognize that you are enough? 

09

It's rare to hear someone say, "I want to recognize that I am enough right now, just as I am." But this recognition can be one of the most powerful realizations and benefits of practicing mindfulness. What does "being enough" mean for you?

SATURDAY



**CARING FROM THE HEART**

How do you care from the heart? 

10

Have you found yourself lacking the care in caregiving? When there's so much to be done, we may find ourselves more task focused than caring for the person. Mindfulness can help us start Caring From The Heart again!

SUNDAY



**TAKE A BITE OUT OF STRESS**

How could you break stress eating habits? 

11

Stress can be physically and emotionally unpleasant, as well as exhausting. It's normal to want to seek comfort through unhelpful habits like eating. Luckily, mindfulness is here to help us Take A Bite Out Of Stress!

MONDAY



**STOP PRIORITIZING PROCRASTINATION**

What do you need to stop procrastinating? 

12

Do you find yourself doing everything except what needs to be done? Procrastination means being busy with low level priorities, and leaving the most important tasks for when you have little time left. Stop Prioritizing Procrastination at the Mindful Daily!

\*eM Life week starts on Tuesday

# NOVEMBER 13-19

## WEEKLY CALENDAR


THEME WEEK: GRATITUDE IN THE WORKPLACE

TUESDAY



**GRATEFUL FOR THE CHALLENGE**

Can you appreciate difficult people?



**13** When someone pushes our buttons, we tend to focus on their negative aspects. But when we step out of our agitated thoughts, we can remember that this person also has positive qualities, and recall what we're grateful for about them.

WEDNESDAY




**PERSPECTIVE OF GRATITUDE**

Are your thoughts making you miserable?



**14** While some work environments aren't a good fit for us, our minds can also skew our experience of work satisfaction. Learn how mindfulness can help you think from a Perspective Of Gratitude at the Mindful Daily!

THURSDAY



**I'M GLAD YOU ASKED!**

What helps you remain grateful for being busy?



**15** When we're asked to do something and we don't have time, means, or interest, it can make us feel guilty or even resentful. Mindfulness can help us bring a sense of gratitude for being asked in these moments!

FRIDAY



**GRATEFUL FOR THE GROWTH OPPORTUNITY**

How can failure inspire learning?



**16** There's always work to be done, and mistakes can be stressful when we consider everything else that needs to be completed! Mindfulness helps us change our experience from dread of making mistakes to gratitude for the chance to learn and grow!

SATURDAY



**DREAM TEAM**

Are you connected to the people you work with?



**17** How connected do you feel to the people you work with? Studies show that having positive connections in the workplace significantly increases overall job satisfaction! Learn how to connect to your Dream Team with gratitude at the Mindful Daily!

SUNDAY



**YOU'RE NOT ALONE**

Are you grateful for those who have helped you?



**18** None of us got here on our own, and taking time to reflect on the people who've helped you along the way is important for feeling grateful for where you are now and a greater sense of connection in your workplace!

MONDAY



**THE GRATITUDE APPROACH**

How does gratitude empower you?



**19** Sometimes it feels like there are no good choices. No matter which direction you take, it's not ideal, and perhaps even a rough road ahead. What's your reaction in these moments?

\*eM Life week starts on Tuesday

# NOVEMBER 20-26

## WEEKLY CALENDAR

TUESDAY



I'M GRATEFUL FOR YOU!

Do you take time to reflect on what you're grateful for about others?



20

Our brains are hardwired to look for the negative aspects of life, making it easy to overlook gratitude we have for others. What would shift for you if you took time to reflect on what you're grateful for in others?

WEDNESDAY



GRATITUDE IS AN ATTITUDE

How could you make gratitude a habit?



21

There is so much talk about bad habits and habits that we need to break. But what about habits that make life even more fulfilling and joyful? Learn how to create a gratitude habit at today's Mindful Daily!

THURSDAY



THE GOOD IN THE BAD

What helps you manage life's inconveniences?



22

We're so accustomed to having things our way right away, it's easy to get upset when things don't go smoothly. In order to avoid overwhelm in these moments, it helps to acknowledge frustration, then think about what you're grateful for in the moment.

FRIDAY



LOVE LETTER TO MYSELF


How do you shower yourself with your own love?



23


The idea of writing a love letter is based on wanting to share your love with someone else. But what would it feel like to feel that kind of unapologetic, unabashed, powerful and clear love for yourself?

SATURDAY



GRAPPLING GUILT

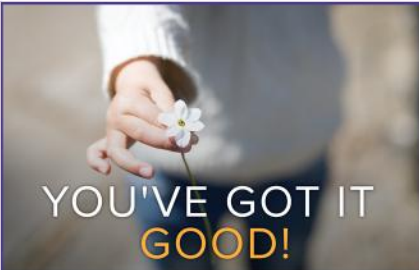
Do you know the difference between healthy and unhealthy guilt?



24


Do you have times when you need to say 'no' to people you care for, but don't because you feel guilty? Caregivers often acknowledge this, and if they're not careful, it can turn into unhealthy guilt. Start Grappling Guilt at the Mindful Daily!

SUNDAY



YOU'VE GOT IT GOOD!

Have you taken time today to be grateful?



25

Have you had one of those days where something went wrong and you were incredibly frustrated. But you somehow got perspective that it wasn't such a big deal in the grand scheme of things? Start noticing that You've Got It Good with mindfulness!

MONDAY



WHAT A WASTE OF TIME!

Do you find the opportunities in wasted moments?



26

Meetings and errands can all feel like a less-than-ideal use of your time. We may even start doing things to feel more productive but actually aren't. With mindfulness, we are reminded that no moment is a wasted moment when we are present!

# NOVEMBER 27-30

## WEEKLY CALENDAR



28

Have you ever made a plan, began following it enthusiastically, and then abandoned the plan? Setting intentions for how you want to be is very similar. Learn tips for successfully manifesting your intentions with mindfulness!



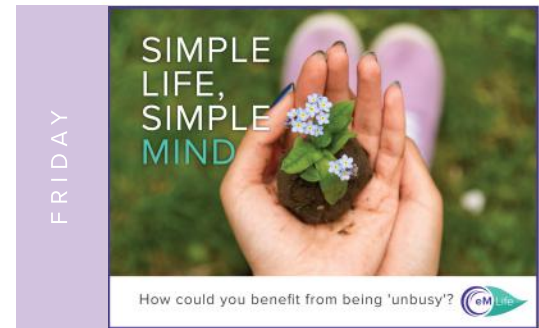
29

We're social beings and can be easily influenced by others to make choices based on what they want. At today's Mindful Daily, learn how mindfulness helps build a greater mind & body connection to tune into what you really want!



27

When our minds and bodies are connected, we have more access to information that our thoughts & emotions communicate. But many of us are disconnected most of the time. Learn about The Mind & Body Connection at the Mindful Daily!



30

The pressure to get things done can lead to a perpetual state of busyness. Being busy can mean you're consciously choosing actions in pursuit of passion, or it may be driven by action addiction. What would change if you took time to be "unbusy"?



GRATITUDE IN THE WORKPLACE WEEK NOVEMBER 13-19

## The Myth of Multitasking

*Kelly Barron, M.A., is a certified mindfulness facilitator, at UCLA and writer. She teaches mindfulness for UCLA's Mindfulness Research Center as well as for corporations, schools and private groups. Kelly has worked as a mindfulness teacher with eM Life since 2016. She came to learn the value of mindfulness as a deadline-driven journalist. Now, she's passionate about sharing mindfulness with others to help them live with more ease, clarity and joy. You can learn more about Kelly and read her blog at [www.kellybarron.com](http://www.kellybarron.com).*

Picture this: You're on a conference call while simultaneously answering an email from a colleague when your cell phone pings with an urgent text. You hurriedly finish up your email so you can respond to the text all the while doing your best to listen in to the call.

Sound familiar? Many of us multitask our way through the workday to be more productive and at times just to keep our heads above water. Multitasking seems to be not only a necessary skill, but also an unavoidable aspect of the workplace. It carries over into our daily lives, too.

We walk the dog while scanning for the latest sports scores on our cell phone. We watch television while shopping on the web for a new pair of shoes. And we text while driving...even though we know it's dangerous.

For better or for worse, multitasking has become a way of life. So much so, that it's given rise to terms such as "continuous partial attention" to describe how we habitually pay superficial attention to multiple sources of information at once.

When we split our attention through multitasking, though, we miss out on the quieter moments that allow us to fully appreciate our work. It's difficult to feel the satisfaction of a job well done when you're doing two or three jobs at once. Even more than that, when we multitask we actually accomplish less and stress out more.

Multitasking, it turns out, is a myth. In a now famous 2001 study, researchers at the University of Michigan showed that forcing the brain to mentally juggle multiple tasks takes longer and can reduce productivity by as much as 40%. Not only is multitasking wildly ineffective, it's also stressful. Research shows multitasking increases

our heart rate, raises our anxiety, makes us more error prone and even lowers our IQ.

Part of the reason for all of this is that the brain can't functionally multitask. Instead, the brain rapidly switches from one neural network to another to fulfill the demands of being asked to do more than one thing at a time. It's little wonder we feel so frazzled at times.

What's the alternative? Single tasking. At its heart, single tasking is a daily mindfulness practice. It involves devoting attention to one activity at a time and resisting distractions that might pull you away from your chosen task.

Instead of answering email when on a conference call, for example, listen in on the call with your full attention and absorb the nuances of the conversation and even appreciate your colleagues' contributions. Respond to your email and notice the sensations of your fingertips as they strike the keyboard. Before you react to a text, pause and take a breath, and finish up whatever else you might be doing in the moment.

In a multitasking world, single tasking isn't easy. It's a practice that takes time some discipline. The rewards of single tasking might surprise you, though.

By single tasking, you might discover that you're far more productive and a lot less frayed at the end of the day. Single tasking can help you hone in on the task at hand and reap the reward of doing one thing well. You might also find some gratitude entering into your day. Leaving your phone behind on your walk with the dog, might

give you a chance to appreciate - the sunset, a chat with a friendly neighbor or the simple delight of being with your pet. Here are a few suggestions on how to make single-tasking a daily mindfulness practice.

- Notice the Urge to Multitask: Habits are hard to break. So, start small. Catch yourself in act of multitasking or better yet by notice the urge to multitask. Stop and interrupt the habit by taking a breath and choosing to do just one thing at a time.
- Use Devices Wisely: Digital distraction is often at the root of our multitasking habit. Yet, we can wisely use our devices to help us single-task. Have only one screen open at a time on your computer. Set your cell phone timer for 10 or 15 minutes and devote yourself single-tasking for the duration.
- Make a Game of It: Pick a specific multitasking habit you'd like to break such as texting while driving. Challenge yourself to go cold turkey for a week or even 30 days. Notice how your body and mind feel without the stress of multitasking. The ease that single-tasking can create might be reward enough, but feel free to sweeten the deal by rewarding yourself with a dinner out or a movie with friends.

**Need help breaking the habitual patterns of multitasking? Visit eM Life and access on-demand content, expert instructors, and a community of support. Sign up for a free trial and start learning mindfulness skills that can help you see, think and focus more clearly one task at a time.**



# NOVEMBER

## MINDFULNESS

# ARTICLES



These articles from other publications support our monthly mindfulness topic –  
**GRATITUDE IN THE WORKPLACE**

### GRATITUDE AT WORK

Quick Read (2 min)

#### **I'm Thankful for Work**

[CLICK TO READ](#)

Quick Read (3 min)

#### **How Gratitude Can Help When We Feel Too Busy**

[CLICK TO READ](#)

Quick Read (3 min)

#### **The Science of Gratitude and Why It's Important in Your Workplace**

[CLICK TO READ](#)

### MINDFULNESS AT WORK

Quick Read (3 min)

#### **How to Practice Mindfulness at Work**

[CLICK TO READ](#)

Quick Read (4 min)

#### **Mindfulness: 3 Ways Leaders Can Get Started**

[CLICK TO READ](#)

Longer Read (14 min)

#### **10 Ways to be More Mindful at Work**

[CLICK TO READ](#)



RESILIENCE

# Managing Activities to Prevent Burnout



## REGISTRATION INFORMATION

*Date and Time:*

November 14th 1:00 pm EDT

November 29th 12:00 pm EDT

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now in your company **eM Life portal**.

When difficult times in life arise, there are things we can do to take care of ourselves. It is important to remember that our lifestyles can either nourish or deplete us, and this affects how well we cope with stress. Diet, exercise and rest; these are all integral components of our well-being. In this session, we will explore how to take care of ourselves in a way that optimizes our ability to manage stress.

COMING IN DECEMBER

**RESILIENCE**

**Dealing With Difficult People**

Please contact Support at [support@emindful.com](mailto:support@emindful.com) or 1-855-211-1536 with any questions.



MINDFUL EATING

# Holiday Eating



## REGISTRATION INFORMATION

*Dates and Times:*  
November 20th 3:00 pm EDT

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now in your company **eM Life portal**.

The holidays are a wonderful time of year but can present a number of challenges that we do not face in the same frequency and degree as other times of year. One of the biggest challenges is the several weeks or months of tempting food and alcohol meal after meal. In this session you will learn how to tune into your wisest self to create a vision and plan to maintain your weight goals through the holiday season.

COMING IN DECEMBER

**MINDFUL EATING**

**Mindfulness Skills To Help  
Beat Holiday Eating Stress**

Please contact Support at [support@emindful.com](mailto: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.

