



JANUARY 2019

# CARE PACKAGE



Discover the vibe of life



# CARE PACKAGE CONTENTS

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## THEME WEEK BLOG

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## MINDFUL MEETING MOMENT

Short form mindfulness practices to prepare  
your team to be calm, focused, and more  
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## MINDFULNESS ARTICLES

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

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## PRACTICE GUIDE

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

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# JANUARY 1-7

## WEEKLY CALENDAR



01

This time of year, we're setting resolutions for the coming year, but what about intentions for how you want to be now? Learn more about The Power Of Intention at today's Mindful Daily!



02

When someone makes a hurtful comment towards us, we may perceive this as a threat to ourselves and our relationship with the person. What if you could let go of the hurt from a hurtful comment? Find out how at the Mindful Daily!



03

When you're tired at the end of the day, do you find yourself losing sleep by staying up late? Tune into the Mindful Daily and learn tips to help you Stop Stalling Your Slumber!



04

We experience stressors all day long and these can add up, leading to bigger stress. Once we're already stressed, we may lose perspective and the next thing can send us over the edge. Learn how mindfulness can help you say "It's No Big Deal!" to small stressors!



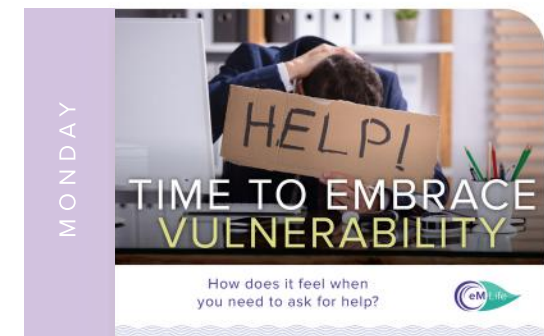
05

We're often advised to get in touch with our feelings. However, making decisions based on emotions can get in the way of accomplishing our goals. Learn how mindfulness can help you start Tackling Your To-Do's at the Mindful Daily!



06

"Social Comparison" is a mental habit of ours and just something that people naturally do. However, it can be damaging when we become overly focused on comparisons and measure our self-worth by them. Learn more at the Mindful Daily!



07


How does it feel when you ask for help? This is something that can make us feel vulnerable, but has been proven to make us more likable. Learn how mindfulness can help you Embrace Vulnerability at the Mindful Daily!

\*eM Life week starts on Tuesday


# JANUARY 8-14

## WEEKLY CALENDAR

WEDNESDAY



**DAILY RITUAL**

How do you connect to your intentions? 

**09** Even with an intention we're passionate about, it will not likely be a straight path to achieving it all the time. There can be endless reasons for not living into our intentions as we intended. What helps you to stay connected to your intentions?

SATURDAY



**REMAIN CALM!**

How could you better manage your reactions to (mini) catastrophes? 

**12** When something unexpected happens that feels like a mini catastrophe, it's easy to let stress take over, making it a major problem. Mindfulness can help us remain calm in these situations, giving us space to move forward effectively.

THURSDAY




**ACTION!**


Are your day to day actions based on habit or intention? 

**10** It's easy to spend our moments, days, weeks and months going through the motions and making choices out on habit. Habits, when practiced repeatedly, can become so trained that we don't even need to be conscious of them to engage them.

SUNDAY




**BREAK FROM COFFEE**


What helps you break through the mid-day slump? 

**13** Are you familiar with the mid-day slump? By tuning into what your body and mind need at the moment, you can decide what will be the best way to boost your attention. Learn more at the Mindful Daily!

TUESDAY




**SYSTEM REBOOT**


Are you frozen by self-limiting beliefs? 

**08** Consider some beliefs you hold about yourself, that you've held for some time. Where did they come from? How accurate are they now? Learn how to break free from self-limiting beliefs at today's Mindful Daily!

FRIDAY




**I DON'T WANT TO...**


How do you sidetrack overwhelming emotions? 

**11** Do you ever have great intentions and then not follow through? We're advised to get in touch with our feelings. However, making decisions based on emotions can get in the way of meeting our goals. Learn to avoid getting side-tracked by overwhelming feelings with mindfulness!

MONDAY



**DON'T LET IT BOTHER YOU**

How do you let go of "how rude!?" 

**14** When someone offends us, it's easy to spend our precious time and energy wrapped up in thoughts about "how rude" the person is, but replaying these thoughts is not productive. What helps you let go of "how rude"?



# JANUARY 15-21

## WEEKLY CALENDAR

THEME WEEK: NEW YEAR MOTIVATION

TUESDAY



**BIG CHANGE  
IN SMALL STEPS**

How could embracing small actions create big change?

eM Life

15

Have you had the goal of making big changes at the beginning of the year but put off the work day after day? By taking time to be present, we can decide what small steps we need to take to actually make big change. Learn more at the Mindful Daily!

WEDNESDAY



**DO IT  
YOUR WAY!**

How could embracing your uniqueness up your motivation?

eM Life

16

It's been proven that bringing your own uniqueness to your goals can help you better accomplish them by upping motivation. Learn how to make change by Doing It Your Way at the Mindful Daily!

THURSDAY



**ENCOURAGING  
ENVIRONMENTS**

How does your environment influence life changes?

eM Life

17

While we say it's all about attitude, our environment has a huge influence on motivation and success. Learn how creating an Encouraging Environment can help you achieve your goals at today's Mindful Daily!

FRIDAY



**PURPOSE  
DRIVEN GOALS**

What would be a meaningful step toward living your purpose?

eM Life

18

When it comes to success, we only have so much we can do, be and give. Getting clear about our purpose can help us focus our attention and motivation on a few main priorities, so we can really get traction. How do you get clear on your purpose?

SATURDAY



**COUNT YOUR  
CHICKENS!**

Do you delay celebrating small successes?

eM Life

19

Feeling impatient to meet our big goal may keep us from stopping and celebrating the small successes along the way. But if we don't appreciate the small successes, we may miss the big successes!

SUNDAY



**NOT FUN  
BUT FULFILLING**

How do you find motivation in unpleasant tasks?

eM Life

20

Is there something that you want to change in your life that doesn't seem like it's going to be fun and that's keeping you from getting started? Not all personal growth will be fun all of the time. Learn how to find motivation in unpleasant tasks with mindfulness!

MONDAY



**CURRENT  
AND  
IDEAL  
SELF**

What inspires you to make change?

eM Life

21

Change is inspired by a sense of dissatisfaction with how things are now. Setting resolutions based on dissatisfaction may get you started making changes, however research shows that criticism quickly becomes demotivating. It's actually been found that

\*eM Life week starts on Tuesday

# JANUARY 22-28

## WEEKLY CALENDAR

WEDNESDAY



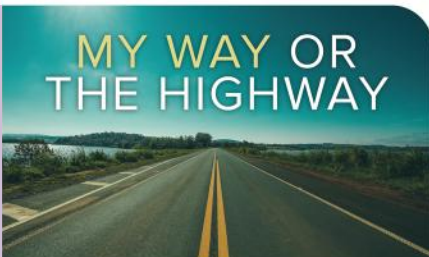
**WORK HARD,  
PLAY HARD**

How do you strike a balance between work and play?




**23** Do you ever feel like you're playing tug of war between your commitment to work and your desire for a break? Find out how to strike a balance between work and play at the Mindful Daily!

SATURDAY




**MY WAY OR  
THE HIGHWAY**

How do you feel when you don't get your way?




**26** When we can't have our way we may feel a variety of emotions such as anger or rejection. When we're able to loosen the grip on what we want, it can open our eyes to realizing we could be satisfied with other outcomes.

THURSDAY



**MIND MAP**

What helps you filter out the sense from the nonsense?



**24** Research shows our minds wander 46.9% of the time, and these can be past memories or future concerns, but are not all thoughts worthy of our time. At today's Mindful Daily, learn how to filter out the sensical thoughts from the nonsense!

SUNDAY



**THE PRAISE  
YOU DESERVE**

How often do you praise yourself for being you?



**27** What's it feel like to receive praise? How often do you do that for yourself? At today's Mindful Daily, learn the benefits of giving yourself The Praise You Deserve with mindfulness!

TUESDAY



**FULLY  
GRATEFUL**

What helps you to be fully grateful for what you have now?



**22** It's easy to find ourselves in a habit of following the desire for more, more, more, even when we've achieved what we intended. In today's Mindful Daily, learn how mindfulness can help you be Fully Grateful for what you have now!

FRIDAY



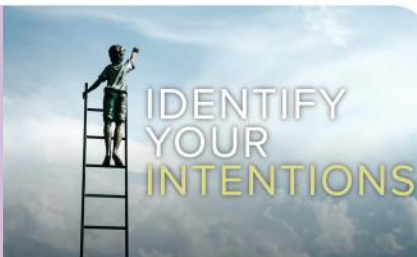
**DON'T SURRENDER  
TO STRESS**

How could accepting stress make you more resilient?



**25** Life can be a roller coaster of highs and lows. And stress is inevitable. There will be things you want to happen that don't, and things you don't want to happen that do. How could accepting stress make you more resilient?

MONDAY



**IDENTIFY  
YOUR  
INTENTIONS**

Are you living your own dream?



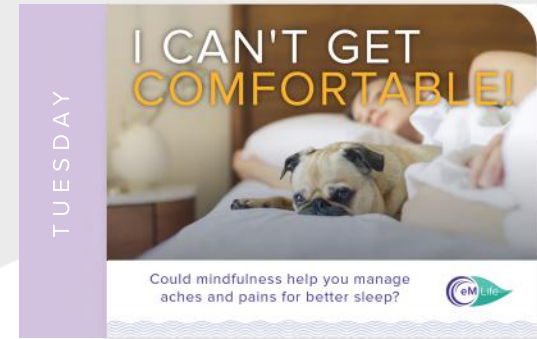
**28** This is the time of year for setting resolutions for a new year and a new you. We're bombarded by messages about what the ideal way for you to be actually is, but how do you ensure that you are living your own dream and not someone else's?

\*eM Life week starts on Tuesday



# JANUARY 29-31

## WEEKLY CALENDAR



29

Do you ever get into bed and find that you just can't get comfortable? Mindfulness can help you manage aches and pains for better sleep- find out how at the Mindful Daily!



30

With such fast paced lives, it's easy to get into a habit of seeking immediate gratification. By learning to identify our immediate gratification habits and then staying present, we can better understand how these quick boosts of pleasure feel over time.



31

When the day feels hectic, we can convince ourselves that there is no time to smell the roses and take a moment to appreciate the day. Can you relate to that feeling? Take time today to stop and smell the roses at the Mindful Daily!



NEW YEAR MOTIVATION WEEK JANUARY 15-21

## Small Steps for Big Change in the New Year

*Written by Andrea Lieberstein, Bestselling author of 'Well Nourished: Mindful Practices to Heal Your Relationship to Food, Feed Your Whole Self and End Overeating', Faculty at eMindful, Speaker, Mindfulness and Mindful Eating Coach, Trainer*

14 minutes per day of mindfulness practice (just 1% of your day) lays a strong foundation for experiencing the benefits of practicing mindfulness in your own life. Not only that, but by participating in eM Life's One Percent Challenge, you have the chance to transform your life and the lives of others!

Our 14-minute Mindful Daily live, interactive sessions on practical mindfulness are offered throughout each day of the online challenge. This means you can take these practices 'home' and to heart wherever you are. You can participate live or on demand and immediately begin to exercise the skills you have learned with clear strategies for how to integrate them into your daily life. Every day presents a fresh topic to keep you learning new ways to dynamically engage and implement various skills in your life.

Mindfulness includes the practice of meditation as well as awareness in moments and choice points of daily life. The benefits of learning to quiet the mind by devoting attention to the breath and body can be life changing. A study performed by a neuroscientist at Massachusetts General Hospital and Harvard Medical School found that mindfulness can lead to positive structural changes in the brain. The study found these changes benefited sensory, cognitive, and emotional processing.

By practicing mindfulness, we can become less reactive and gain helpful strategies to maintain a greater sense of peace and balance in our daily lives in all kinds of situations. Participating in the One Percent Challenge is not just about the first day of a new year—it's the first day in a newly mindful, healthier, happier life!

### The Price of the Challenge is Only 1% of Your Day

The challenge is free to join we just ask you to commit your time. The insight and peace cultivated through regular meditation practice can help us inhabit the moments of our lives more easily and effectively. We can mindfully pause, reflect, and make choices that better support our health and wellbeing. The 1% commitment can also lead to longer practice periods. When we practice for just 14 minutes or so, we often find the most challenging part is over—the mind has become quieter, and we feel the positive benefits. This can make it easier to extend our practice time and extend/deepen the many benefits of mindfulness.

### Take the New Year's Challenge

The new year is an optimal time to commit to the One Percent Challenge to transform your life with mindfulness and the support of the eM Life community. Deepen your mindfulness and learn practical skills you can immediately implement in your life for common situations to help overcome emotional and mental patterns that consume our thought patterns.

**Choose to shine the light of awareness on your life, cultivate mindfulness and reap the many benefits for yourself and others. Discover a new point of you in the new year!**





# JANUARY

## MINDFULNESS

# ARTICLES



These articles from other publications support our monthly mindfulness topic –  
**NEW YEAR MOTIVATION**

### MINDFUL NEW YEAR

Quick Read (1 min)

#### How to Have a Mindful New Year

[CLICK TO READ](#)

Quick Read (4 min)

#### How to Cut Yourself Some Slack in the New Year

[CLICK TO READ](#)

Quick Read (8 min)

#### Setting Intentions that Work for a Mindful New Year

[CLICK TO READ](#)

### NEW YEAR MOTIVATION

Quick Read (2 min)

#### Passion Will Spark Your Resolutions, Not Pressure

[CLICK TO READ](#)

Quick Read (4 min)

#### 4 Tips That Will Help You Prepare for a Successful New Year

[CLICK TO READ](#)

Longer Read (6 min)

#### Can't Keep Your New Year's Resolutions? Try Being Kind to Yourself

[CLICK TO READ](#)



## RESILIENCE

# Understanding Mindfulness



### REGISTRATION INFORMATION

#### *Date and Time:*

January 9th 1:00 pm EDT

January 22nd 3:00 pm EDT

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

It only takes a thought, physical feeling, or emotion to kick us into a stress cycle keeping us stuck in stress, anxiety, overwhelm, and compulsive behaviors of avoidance. Mindfulness allows us to be present to this cycle, step outside of it and choose a different approach to reduce our stress and make us more effective at work. In this session, you will learn more about mindfulness and discover practical ways of integrating it into your workday.

COMING IN FEBRUARY

**RESILIENCE**

**Stop Reacting and  
Start Responding**

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





## MINDFUL EATING

# Mindful Eating- The Key to Sustainable Weight Loss



### REGISTRATION INFORMATION

#### *Dates and Times:*

January 15th 3:00 pm EST

January 28th 12:00 pm EST

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

Mindless eating to manage our emotions or avoid dealing with stress is a part of life. Depending on the frequency and amount, this can lead to weight gain, health problems, and decreased quality of life. Mindfulness skills, such as mindful eating, can help us learn to interrupt these unhelpful habits or patterns, develop healthier relationships with food and our bodies, and improve our quality of life.

COMING IN FEBRUARY

**MINDFUL EATING**

**Hunger & Fullness**

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.

