



F E B R U A R Y 2 0 1 9

C A R E P A C K A G E



Discover the vibe of life



CARE PACKAGE CONTENTS

WEEKLY CALENDAR

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

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MONTHLY CLASSES

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

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THEME WEEK BLOG

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

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MINDFUL MEETING MOMENT

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

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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

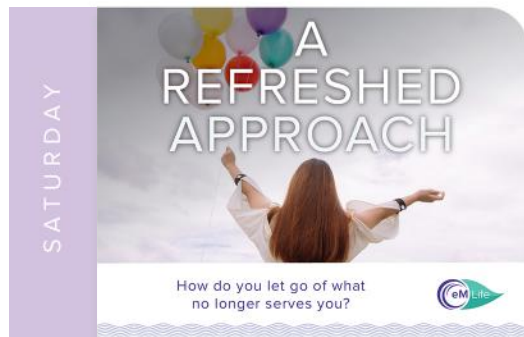
The Mindful Daily Practice Guide Volume 2
contains efficient mindfulness practices that
can be used outside of the classroom.

[CLICK TO VIEW](#)



FEBRUARY 1-4

WEEKLY CALENDAR



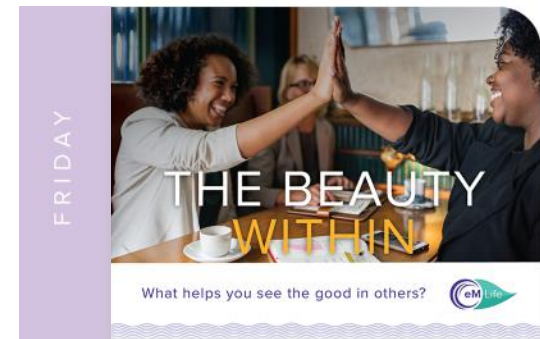
02

What habit did you engage in today that doesn't serve you? We all have habits that no longer serve us, but they're still automatic and require awareness and effort to interrupt. Learn how mindfulness can help you find A Refreshed Approach!



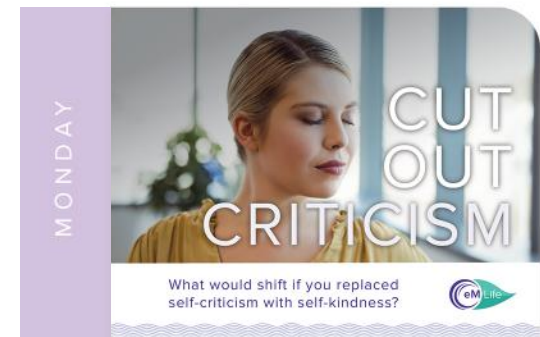
03

A short-term cleanse can rally our enthusiasm and attention to break old habits and build new ones. Start your New Year with a New Routine and mindfulness!



01

Do you go deeper to see the inner beauty? In the Mindful Daily, you will learn how to see the good in others, and start noticing what that feels like in our own bodies, as we practice loving-kindness!



04

In the last few days, how many critical thoughts did you think about yourself? Repeated self-criticism demotivates and derails efforts toward our goals. Learn how to "Cut out criticism" in the Mindful Daily!

*eM Life week starts on Tuesday

FEBRUARY 5-11

WEEKLY CALENDAR

WEDNESDAY



ALL THIS FUN IS FATTENING!

How can you keep eating for pleasure from taking a toll?



06 Do you ever find yourself craving pleasure, fun, or a little boost... and reaching for food? Learn more about mind-body awareness so you can notice when eating for pleasure starts taking it's toll!

SATURDAY




TROUBLE WITH CHANGE?

How does staying present help accept workplace reality?




09 There are many reasons we resist change, but one is because it isn't the "reality" that we have locked into our brains. Learn how to accept reality to be fully present without judgment and open to new possibilities at today's Mindful Daily!

THURSDAY



IS DREAD IN YOUR HEAD?

How can you stop putting effort into negative expectations?



07 Imagining you will have a negative experience can generate feelings of anxiousness. So even though nothing has actually gone wrong, we get ourselves worked up more and more. What helps you break free from putting effort into negative expectations?

SUNDAY



THE SPICE OF LIFE

Are you feeling too stressed to have any fun?



10 Fun, pleasure and fulfillment are basic human needs and are likely exactly what we need to buffer the effects of stress. Learn how to enjoy "The Spice of life" in our Mindful Daily!

TUESDAY




INCREASE YOUR COMPASSION

What helps you manage overwhelming news?




05 How can you allow yourself to be deeply moved by the challenges in the world, while not becoming overwhelmed by difficult news? Learn how to Increase Your Compassion at the Mindful Daily!

FRIDAY



DREAM TEAM

Could sharing victory be more rewarding?



08 Have you had experiences where sharing the victory feels even better? When we empathize with another person's desire to get credit for their efforts, it can help us connect to the person.

MONDAY



PEACE & QUIET

How do you make peace with your busy mind?



11 Do you have days when your mind never settles down? If we meet an agitated mind with an agitated response this will most make the experience more challenging. Learn how to greet your mind with Peace & Quiet at the Mindful Daily!

*eM Life week starts on Tuesday

FEBRUARY 12-18

WEEKLY CALENDAR

THEME WEEK: MINDFUL RELATIONSHIPS

TUESDAY




BREAKING THE ICE

What helps you foster new relationships? 


12

Approaching a new relationship with openness and curiosity provides an invitation for another to share about themselves. Learn more tips for Breaking The Ice at the Mindful Daily!

WEDNESDAY



MAY I HAVE YOUR ATTENTION!

Do you find yourself multi-tasking when others are talking? 

13

When others see that they have our full attention, it sends a message that we care enough to listen. Today's mindfulness practice helps us learn to see how we better relate to others.

THURSDAY



A GIFT TO YOURSELF

What helps you listen to yourself the way you listen to loved ones? 

14

When we offer ourselves kind and loving attention, we can soothe our emotions, strengthen our resilience, and increase our ability to manage life's challenges. Practicing mindfulness really is A Gift To Yourself!

FRIDAY




BETTER IN REAL LIFE

How might live conversations be better than texting? 


15

To truly nurture our relationships requires that we make time to be in real time conversation with one another. In today's Mindful Daily, we practice cultivating our focused attention in the present moment to help better appreciate and foster our relationships.

SATURDAY



IT'S A WIN WIN!

What helps you find a solution when you're at odds with someone? 

16

Do you sometimes find that what you want is at odds with what someone else desires? When we get stuck with the idea of only two options, it stalls the process and can hurt relationships. Mindfulness can help find a solution, making It A Win Win!

SUNDAY




CLEAR AND CALM CONVERSATIONS

What would help you understand, rather than disagree, with others? 


17

Approaching a difficult topic with Calm And Clear Conversation helps us speak our truth with care and integrity. And it helps others do the same, which helps build a foundation for mutual understanding and ease in the relationship.

MONDAY



TRUST STARTS WITH PRESENCE

How could being more present for others benefit you? 

18

Providing our undivided attention helps us hear what others are saying, and better understand them. When we are present and offer our full attention to others, it demonstrates care and builds trust in our relationships.

*eM Life week starts on Tuesday

FEBRUARY 19-25

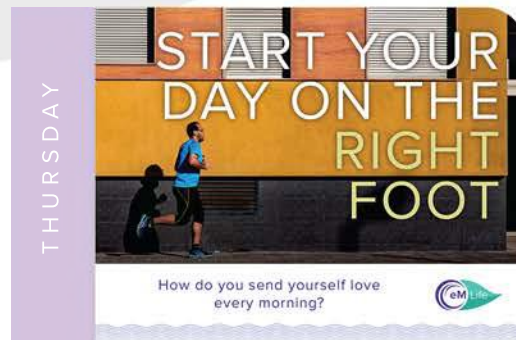
WEEKLY CALENDAR



20 In the moments we're feeling unlovable, we habitually turn to criticize ourselves for whatever "we've done" that we've deemed unacceptable. Mindfulness helps us pay attention to self-criticizing thoughts so we can make space for what we truly need in the moment.



23 Did you know that connection with others depends greatly on how present we are in the moment? By fully engaging with another person, and not getting side-tracked by distractions. Learn how to prioritize our attention in the Mindful Daily!



21 The way we begin our day has a ripple effect for the rest of our day. By making a little space to be intentional about the relationship you want to have with yourself, your brain will be more primed to interpret experiences in a more positive and relaxed state.



24 Challenges are a part of life and our ability to work through them requires resilience. Resilience can be defined as the ability to bounce back and to grow after a setback or challenge. Find out how mindfulness can help you with The Great Bounce



19 What would your life look like if you were only saying 'yes' to what you truly wanted for your life? Having clarity about what would bring us greater meaning and joy in our lives can shine a light on our habit of saying yes to things that pull us farther away from it. Learn to say NO for a bigger YES!



22 While multi-tasking may soothe your immediate anxiety about having so much to do and make you feel extra productive, it is actually not effective for most things. Start Managing Multitasking at today's Mindful Daily!



25 In today's world, it's rare to have time when we're not over-stimulated by information overload and too long to-do lists. And then life calms down, we begin to crave something interesting to happen. How could mindfulness help your Addiction to Chaos?

FEBRUARY 26-28

WEEKLY CALENDAR



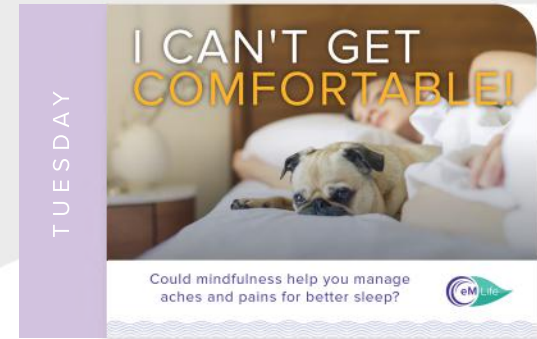
27

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



28

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!



26

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!



Mindfulness Practices to Offset Burnout and Empower You

By eM Life Instructor Breon Michel

Four winters ago, on a cloudy, moist afternoon in December, I raced to the computer to finish writing an article after I put our then 6-month old son, Brooks, down for his afternoon nap.

Ten minutes passed, and I still hadn't strung together a single sentence. I traipsed to the pantry to rummage for a snack.

When I sat back down, the monitor flickered red.

I flipped on the light and zoomed in on his body, confirming that he was, in fact, moving around.

I waited a few minutes. Hoping that by some string of luck, he'd put himself back to sleep.

But to my dismay, he only got more upset.

I set the mouse down, and begrudgingly walked back to his room.

Fast forward thirty (long) minutes of trying and failing to get him back to sleep.

The house was now pin-drop quiet as I held him closely on our navy plaid couch.

My insides, however, swirled with a cacophony of flustering thoughts.

"Why today – of all days?" the thought kept coming.

"If only I had put him down earlier.... If only I had drank less coffee... If only we'd have stayed home this morning."

And then: "Did I really think I'd be able to work from home with a newborn baby? How does everyone else manage to do it so effortlessly?"

What I realized a few weeks down the road was that underneath the ferocity of tears and fears was a mother starved for rest.

A mother who made the cardinal mistake of forgetting she just had a baby. Expecting herself to accomplish everything she was pre-children – no qualms about adding a child to the mix. Assuming something must be wrong with her simply because she couldn't keep up with it all.

The colloquial term for what I experienced is burnout.

With little to no energy, strength, or creative capacity available, I continually had to force myself to get things done. Even things I once looked forward to became a chore.

Unfortunately, burnout is all too common in competitive cultures. With exceedingly high expectations to be efficient and productive, and reward structures that reinforce these characteristics to boot, we can't help but give it everything we have, even when there's nothing left to give.

Statistics show organizations face an employee burnout crisis. A recent Gallup study found that out of 7,500 full-time employees, 23% reported feeling burned out at work very often or always, while an additional 44% reported feeling burned out sometimes. That means about two-thirds of

full-time workers experience burnout on the job.

The Burnout Conundrum & Its Causes

Significant life transitions, such as becoming a mother or parent, starting a new job, or getting a promotion, can put you at greater risk for burnout. But, truly anytime you consciously or unconsciously take on more demands and responsibilities, you run the risk of over-extending yourself, and, over time, wearing down your system – that is, if you don't simultaneously bolster your resources and support system.

It bears mentioning that burnout isn't solely an individual problem.

Culturally - there are many established norms that influence how you approach work. Many of us have been programmed to define success on rigid terms based, for example, on how much money we make or how many goals we accomplish each day. But, what if the definition of cultural success included the state of our well-being and relationships? Would this incline us to prioritize and schedule work differently?

Organizations - may place unfair expectations on employees to be on 24-7 or manage an unsustainable workload, making it hard to truly unplug from work and engage with other meaningful aspects of life.

Considering both systemic factors and personal reasons that propel you to approach work or life the way you do may be one of the most fruitful ways to offset burnout.

Here are five mindfulness practices to get you started:

1. Boundaries- Do you commonly regret saying "yes" to certain invitations and requests? Think back to the last time this happened. What was asked of you? Did you think about what you truly wanted before you responded? Why or why not? For example, does it feel too vulnerable to say, "Let me think about it and get back to you?" More than that, what holds you back from saying no, and what might you begin to do differently? One thing to note: If you pride yourself on being a generous person, where does self-generosity fit in the mix?

2. Enjoyment- If you look at your schedule, do you enjoy what you do most of the time? If you find that enjoyment tends to get the short shrift, consider why that is. Are you too busy? Does the sheer pace of your life make it hard to enjoy anything? Does fear play a role in how full your schedule is and how quickly you move through your day? As you take a closer look, see if you could afford to do one less thing. Alternatively, consider how slowing down once in a while might allow you to reap more pleasure from the things you're already doing.

3. Rejuvenation and well-being- Do you counterbalance all that you give, do, and ingest with periods of rest and non-doing? Does your brain occasionally get a break from churning out plans and ideas? Do you have boundaries with your phone or email? Do you make a point to meet your needs – body, mind, and spirit? What would it look

like to nourish yourself in a more deliberate way?

4. Relationships- Do you feel supported at work and home? Are you willing to ask for help when you need it, or do you not want to "burden" people with your requests? Do you speak up with your family and work team about sharing the load in a way that seems fair? Or, do you hold off on saying what you truly feel, but later resent others for doing less than you? Overall, do you allow yourself to not only give, but receive love?

5. Worth- Do you tend to base your sense of worth on how much money you make or how much you accomplish? What if you didn't have to wait to feel good about yourself until those things were in place? What if you knew you were deserving of a meaningful life, irrespective of what you haven't done or made, right now? How might this deep knowing of your inner goodness change the way you spend "your one wild and precious life?"

The candle flickering on my desk says, "Begin anywhere."

It's truly that simple.

Up until this point, you may have fallen into a pattern of overdoing it.

It's easy to do in a society that dangles a carrot over your head for never stopping. But, you don't have to continue buying into the cultural idea that burning yourself out is a prerequisite for success or fulfillment.

You are worth more than that.

May you feel empowered to reclaim, restore, and resource your vibrant, whole self.

Find greater awareness and more

If you need help finding your center, building greater resilience or simply overcoming the feeling of burnout eM Life is here. Access a community of support, expert mindfulness instructors and the skills you need to help you be the best you. Improve sleep, up your performance and discover a new point of you this new year.

About the Author

Breon Michel, MAPP, is a MBSR teacher in Phoenix, AZ. Also a mother of two, her mission is to support parents who are doing the hard, uncertain work of raising children in modern times. Providing families with tools to feel more connected, balanced and peaceful while creating an environment for children to thrive, in both the short- and long-term. Breon writes about various mindful parenting topics on her blog page & on Instagram, @breon.michel. become, the more we can weaken our habit of worry and learn to steady ourselves in the midst of our unease.



FEBRUARY

MINDFULNESS

ARTICLES



These articles from other publications support our monthly mindfulness topic –
MINDFUL RELATIONSHIPS

MINDFULNESS + RELATIONSHIPS

Quick Read (4 min)

What Does it Mean to Love Yourself

[CLICK TO READ](#)

Quick Read (4 min)

Five Ways Mindfulness Makes Your Relationship Happier

[CLICK TO READ](#)

Quick Read (8 min)

Mindfulness Exercise: Relationship Expectations

[CLICK TO READ](#)

MINDFUL RELATIONSHIPS AT WORK

Quick Read (4 min)

How to Become More Mindful of Your Communication

[CLICK TO READ](#)

Quick Read (4 min)

Being Mindful In Your Relationship

[CLICK TO READ](#)

Longer Read (7 min)

5 Mindfulness Techniques That Will Improve Your Relationships and Make You a Better Leader

[CLICK TO READ](#)



RESILIENCE

Stop Reacting and Start Responding



REGISTRATION INFORMATION

Date and Time:

February 13th 1:00 pm EDT

February 28th 3:00 pm EDT

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

We all react throughout the day in ways that don't serve us, but we can train our minds to be more intentional about how to be at home and work, making us less stressed, more productive and feel more in control of our lives. The body is the storehouse of reactivity and can often tell us why we are stressed before the mind does. In this session, you'll learn ways mindfulness can help you tune in and better listen to what our body has to say.

COMING IN MARCH

RESILIENCE

The Art of Mindful Eating

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



MINDFUL EATING

Hunger & Fullness



REGISTRATION INFORMATION

Dates and Times:

February 14th 1:00 pm EST

February 27th 2:00 pm EST

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

Mindless eating or eating when we are not physically hungry 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 learning to identify and eat according to our physical signs of hunger and fullness, can help us to learn to interrupt these unhelpful habits or patterns, develop healthier relationships with food and our bodies, and improve our quality of life.

COMING IN MARCH

MINDFUL EATING

**Breaking Free From the
Stress & Eating Cycle**

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.

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.

