



MARCH 2019

CARE PACKAGE



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

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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
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MINDFULNESS ARTICLES

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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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MARCH 1-4


WEEKLY CALENDAR

SATURDAY



WHERE WAS I?

How could being present boost your memory?



02

Forgetting someone's name or why you entered a room are common under stress and when we're distracted. We can boost the likelihood of remembering by consciously choosing where to place our attention and training that attention on our priority.

SUNDAY



DON'T RUSH IT!


Is impatience getting in the way of what you want?



03


Have you had the experience of sitting down to practice mindfulness and wanting to rush into the feeling of being relaxed, but it never comes? What's your reaction in those moments? Learn how rushing relaxation may be getting in the way of what you really want!

FRIDAY



OUCH, THAT HURT!

What would help you not take things so personally?



01

Other's opinions of whether or not we're doing what they think we should can shake our sense of belonging. Observing how we react in these moments can give us insight into how to better take care of ourselves.

MONDAY



STRESSED' BACKWARDS IS 'DESSERTS'

What helps you overcome the urge to make poor eating choices?



04

Do you find that when you're stressed, you make poor eating decisions? You're not alone. The entire experience of stress is uncomfortable. Mindfulness helps us break the stress and eating cycle by teaching us to pause before making poor food choices.

*eM Life week starts on Tuesday

MARCH 5-11

WEEKLY CALENDAR

TUESDAY



TOLD YOU SO!

How could mindfulness help you recognize your intuition? 

05

Our gut sense, or intuition, is a type of knowing that comes from tuning into the body. How much do you trust your intuition? How has tuning into your gut sense been helpful in the past?

WEDNESDAY



BALANCING ACT

How do you manage your stress and be your best in relationships? 

06

What's your tendency when you're stressed at the same time as everyone else? When this happens, having a higher level of self-awareness to your own reactions may be just the key to figuring out how much you can handle well.

THURSDAY




THE GIFT OF CONSTRUCTIVE CRITICISM

What helps you accept constructive criticism? 


07

Feedback can sometimes be difficult to receive, and because of that we can miss the value of the feedback and the growth opportunity. What makes it difficult for you to receive feedback?

FRIDAY




MAKE UP YOUR MIND

How do you break through uncertainty? 


08

We're constantly making decisions. With the volume of decisions we make every day, and often with limited information, we can't possibly be certain every decision will yield desired results. How does uncertainty influence your decision making process?

SATURDAY



UNLOCKING YOUR HIDDEN POWER

What strengths lie in your vulnerabilities? 

09

There's power in being able to trust our strengths and tap into our vulnerability. Staying present to the undercurrent of our more vulnerable emotions gives us the choice of how to work with them. Learn how mindfulness can help you Unlock Your Hidden Power.

SUNDAY




FAKE IT 'TIL YOU MAKE IT

What's for show and what's for you? 


10

It's normal to do things to elicit the approval of others, but if we overdo it we can lose our connection to ourselves. By repeatedly doing things, we create habits. By bringing conscious attention to why we are doing things, we can become more clear about what's driving our actions.

MONDAY



TIME FOR A CATNAP

Could mindfulness help your mid-day slump? 

11

It's natural for our energy to be higher and lower throughout the day, and the afternoon slump is a real thing. In these moments, taking a few minutes to meditate can help rest our mind and body so we feel refreshed for the rest of the day.

*eM Life week starts on Tuesday

MARCH 12-18

WEEKLY CALENDAR

THEME WEEK: SIMPLIFY YOUR LIFE

WEDNESDAY



THE GIFT OF TIME

How could limiting screen time give you more time?



13 Many of us have a habit of watching tv or playing on our phones during our free time. And we often feel we don't have enough time to spend on the things we want to do. Mindfulness helps us assess when need to cut back on screen time to make time for things of value to us.

SATURDAY



STRONGER THAN THE SIGNAL

How could reducing your social media time improve your relationships?



16 With easy access to social media, it's easy to develop habits that use too much of our precious time. When we simplify our life by reducing the amount of time on social media, we can strengthen our relationships and better support our health and well-being.

THURSDAY




SLEEP THROUGH DISTRACTIONS

How to avoid daily distractions for better sleep?




14 With today's easy access to digital communication, we can feel like we're always on and that we need to consume everything. By staying attentive to what we're doing, we're better able to focus and as a result, experience less stress.

SUNDAY



IDEAL INBOX

What helps you manage your inbox?



17 When we continually check email, we interrupt our focus and often end up multi-tasking. By establishing a schedule to read and respond to emails, we give ourselves permission to focus fully on what we're doing in the moment, and ultimately accomplish more in less time.

TUESDAY



COUNT YOUR COINS

Could simplifying your finances give you more peace of mind?



12 With today's simplicity of shopping online and easy access to credit, many of us are challenged with managing a budget and making progress toward financial goals. Could simplifying your finances give you more peace of mind?

FRIDAY



ROOM TO BREATHE

What clutter can you reduce to create more space in your life?



15 For many of us, having our possessions out of place leaves us feeling scattered and anxious. Living in a clutter-free space can help feel more at ease and balanced. One way to create order, is to eliminate things we no longer need. This energizes us and gives us more room to breathe.

MONDAY



BUILD THE HABIT

How could mindfulness help you build the right routine for you?



18 We are creatures of habit. Doing the same thing over and over again reinforces the brain's neural pathways, making changing our behavior challenging. And yet, most of us want to develop new habits to be healthier and happier. Becoming aware when we go on auto-pilot is a start.

*eM Life week starts on Tuesday

MARCH 19-25

WEEKLY CALENDAR

WEDNESDAY



FOLLOW THE FLOW

How could giving up the struggle help you realize success? 

20 Do you have times when you just can't get into the flow? When we're experiencing the opposite of flow, we're at risk of reacting to the pressure to get something done in ways that keep us stuck. What we truly need in these moments is to take a step back before moving forward.

SATURDAY




LEAD MINDFULLY


What does it mean to lead from within? 

23 Being a mindful leader has become the new added edge that many are looking for to take themselves and other organizations to the next level. What does it mean to you to lead mindfully?

THURSDAY




IT'S ABOUT TIME


How might practicing patience benefit you? 

21 By getting caught up in impatient thoughts about waiting, our attention can be pulled into thinking about not wanting to be in the present moment as it is now, or uncertainty about the future. Increase your patience with mindfulness!

SUNDAY



CUT THROUGH THE CLUTTER

How could decluttering help you be at peace? 

24 It's easy to accumulate things. But for many, it's difficult to get rid of as much as we are taking in. The mind-set of letting go of what is no longer serving you is essential for decluttering. What thoughts or feelings get in your way? of Cutting Out Clutter?

TUESDAY




BELIEVING IN ACHIEVING


Is your self-criticism sabotaging your goals? 

19 When the going gets tough, you may become self-critical. But self-criticism can sidetrack us into a spiral of negative thinking about "why we can't" instead of helping us see clearly what needs to be done from this point on to be successful with our goal. Start Believing in Achieving with mindfulness!

FRIDAY



EYE ON THE PRIZE

How could you better train your focus for success? 

22 Do you feel that you could be performing better in parts of your life? By taking time at the beginning of your day and also for brief moments throughout your day, you can reset your focus and get your mind in a optimal state to perform effectively.

MONDAY



EVERY SINGLE DAY

How do your daily rituals support or prevent your success? 

25 For most of us, our daily rituals move us toward and take us away from success. This keeps us stuck in a "good enough" zone, but never in the "feeling successful" zone. What if you could interrupt the habits that hold you back and replace them with ones that empower you toward a happier life?

*eM Life week starts on Tuesday

MARCH 26-31

WEEKLY CALENDAR

TUESDAY



WHERE'S THE OFF SWITCH?

How do you manage your stress for better sleep?



26

Is daytime stress carrying over into the night and keeping you from getting good sleep? If you're exhausted at the end of the day, but get into bed and can't sleep, it's worth exploring if you're managing your daytime stress effectively.

WEDNESDAY



COMPASSIONATE EFFECTIVENESS

How does compassion make you a better leader?



27


Do you think you can be compassionate and effective at the same time? While many fear that being compassionate means they won't be able to make the tough decisions, nothing could be further from the case. Increase your Compassionate Effectiveness with mindfulness!

THURSDAY



BREAK FROM DISTRACTIONS


What do busy leaders need most?



28


What do you believe busy leaders need most in order to be effective? What's becoming clearer over time, is that leaders need uninterrupted time to synthesize the information they're taking in so they can make better use of it. Take a Break From Distractions with mindfulness!

FRIDAY



WHAT'S YOUR MISSION?

Could saying "no" help you prioritize?



29

When it comes to performance and effectiveness, we only have so much we can do, be and give. By clarifying your mission, it becomes easier to discern what things coming your way make sense to attend to, and what will simply dilute your attention, energy, creativity and effort.

SATURDAY



SILENCE SPEAKS VOLUMES

When is meaningful silence better than meaningless words?



30

Have you found yourself in situations where you truly have nothing to say? Or nothing that will add value to the moment? Believe it or not, sometimes, saying nothing is what will allow us to stay present and connected, to ourselves and others.

SUNDAY



REACT WITH NO REACTION

What helps you take the high road?



31

How can we "take the high road" without adding a layer of negative judgment to others? One way to do this is to notice when you're adding judgments, let them go, and connect to your values that informed your choice to respond positively.

CAN MINDFULNESS MAKE YOU LESS MESSY?

By eM Life Instructor Kelly Barron



If you haven't noticed, tidying up has become trendy.

Netflix recently released "Tidying Up with Marie Kondo." The series provides an intimate look at how the Japanese author and decluttering queen works her organizational magic with messy families. The hashtag #minimalism on Instagram has more than 13 million posts, and a slew of books and podcasts have debuted on how to declutter, organize and live more sparingly.

Apparently, as a culture our collective consumerism is peaking. So is the realization that we have too much stuff. The so-called "Kondo Effect" is prompting us to toss everything from the egg cooker we got for our birthday to the rarely worn trench coat we've kept hanging in the closet for 25 years despite living in sunny L.A. (Yes, I'm talking about myself.) All of it is forcing us to unload in droves and reconsider what we purchase next.

"We've definitely seen an uptick in interest," says Marla Eby, director of marketing for Goodwill of Southern California, adding that robust donations to Goodwill centers helped her region save 100 million pounds of goods from entering landfills.

The decluttering trend led me to wonder about the deeper psychological benefits of sorting, tossing and reorganizing. Does mess make for more stress? And does decluttering and living a sparer, more minimalist existence make us more peaceful?

Psychologists and professional organizers praise the benefits of getting our stuff together, saying a more ordered environment reduces stress, increases wellbeing and even improves our eating habits.

UCLA's Center on Everyday Lives of Families studied 32 middle-class, dual-income families to research their relationship to the objects in their homes. The detailed study revealed that not

only are we a culture of clutter, but having too much stuff raises the levels of stress hormones in mothers.

That being said there are missionaries of mess out there (a brewing backlash perhaps?) who argue that a certain amount of disorder leads to creativity. Albert Einstein famously said: "If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk a sign?"

Rather than rely on trends or research, a bit of mindfulness can help you better understand how your particular brand of mess affects you and what steps you might take to create the "just right" Goldilocks relationship with your possessions.

Mindfulness, the practice of paying attention to the present moment with an attitude of openness, curiosity and non-judgmental awareness, invites us to investigate our experience directly to discover what we're thinking, feeling and sensing in the present moment. Being mindful of how we react to disarray and order and becoming more aware of what drives us to buy something new can help us better understand how to manage our mess and consume more consciously.

Does a cluttered desk, for example, make you more creative or chaotic? Do you feel content with a closet full of clothes or overwhelmed with too many choices? Are you clicking the "Buy Now" button on Amazon Prime to fill an emotional need or do you truly need what you're purchasing.

These aren't intellectual questions. Next time you notice that your sock drawer doesn't close because it's overstuffed with argyles, notice how that makes you feel. What thoughts, emotions and physical sensations does the experience prompt? Is it a shoulder shrug or a hair pulling moment?

Conversely, when you alphabetically organize your spice drawer and hang your clothes in

color-coded order how does that make you feel? Do you feel blissfully calm or stifled by the uniformity? Does making sure every dish is dried and neatly stowed after dinner invite more stress or help you sleep better at night? And how do you feel after buying something new? Pleased and gratified or underwhelmed and guilty?

Personally, I've noticed that my mind is more settled and less anxious when things are tidy. And buying less makes my household more manageable. But I've also noticed that the effort to keep everything orderly can be stressful. Tidying up takes time and having too high of a neatness standard makes me grouchy. Turns out I tend to be a nag when underwear is left on the floor. Can you blame me? Also, I still want that pair of new running shoes.

Here, again mindfulness can help us find a middle way – one that allows us to discover the level of personal organization and purchasing that creates ease, but isn't onerous. By bringing awareness to our internal tipping point around disarray and order as well as what we buy we can work toward finding a balance. We can develop habits and even a lifestyle in relationship to our possessions that brings us joy.

Doing so is a mindfulness practice in and of itself and an ongoing process. After all, life is messy.

About the Author

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.



MARCH

MINDFULNESS

ARTICLES



These articles from other publications support our monthly mindfulness topic –
SIMPLIFY YOUR LIFE

SIMPLIFY YOUR LIFE

Quick Read (4 min)

Spark Joy by Getting Rid of Bad Money Habits

[CLICK TO READ](#)

Quick Read (6 min)

Here's How To Simplify Your Life

[CLICK TO READ](#)

Quick Read (7 min)

10 Ways to Protect the Brain from Daily Screen Time

[CLICK TO READ](#)

MINDFULNESS + DECLUTTERING

Quick Read (2 min)

The Power of Letting Go

[CLICK TO READ](#)

Quick Read (4 min)

Goodbye Things: Find Peace of Mind by Letting Go of Your Stuff

[CLICK TO READ](#)

Longer Read (6 min)

How to Let Go of Limiting Beliefs about Your Clutter

[CLICK TO READ](#)



RESILIENCE

The Art of Mindful Eating



REGISTRATION INFORMATION

Date and Time:

March 13th 1:00 pm EDT

March 26th 3:00 pm EDT

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

Eating is something we all have to do. Some of us look forward to it, some of us do it to cope with uncomfortable feelings, some of us if we had the option would take a food pill because we're in such a rush to eat, while others have developed a healthy relationship to it over time. The fact remains, bringing mindfulness to eating can be an opportunity to reduce our stress, train our attention, help us cultivate appreciation and gratitude, give us awareness into what emotions drive our auto-pilot "snacking" behaviors, and therefore builds emotional intelligence.

COMING IN APRIL

RESILIENCE

**Overcoming Obstacles
to Change**

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



MINDFUL EATING

Breaking Free from the Stress & Eating Cycle



REGISTRATION INFORMATION

Dates and Times:

March 13th 1:00 pm EST

March 27th 1:00 pm EST

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

Anytime we're making changes that we want to maintain over time, such as nutrition and exercise, it's important to evaluate our stress level. Stress is one of the major obstacles to maintaining a healthy lifestyle. Because our automatic reactions to stress tend to be unhealthy, it's important to look carefully at the relationship between our stress and our typical eating patterns. In this session, we'll learn and explore mindfulness strategies to better manage our stress and support losing and maintaining weight loss, and decreasing metabolic health problems.

COMING IN APRIL

MINDFUL EATING

**Depending on Food for
Pleasure & Entertainment**

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

MINDFUL MEETING MOMENT

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

1 MINUTE

[CLICK TO LISTEN](#)

3 MINUTES

[CLICK TO LISTEN](#)

5 MINUTES

[CLICK TO LISTEN](#)





the
**MINDFUL
DAILY**
PRACTICE GUIDE
VOLUME 2

a handy pocket guide to

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



DAILY MINDFULNESS FUNDAMENTALS

GRATITUDE

What are you grateful for so far in your day?

How does gratitude feel in your body?

Will this truly make you happy?

PERFORMANCE

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

JOY & HAPPINESS

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



STRESS

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

COMMUNICATION

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

AWARENESS

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

TIPS FOR STAYING MINDFUL

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



GRATITUDE

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

PRACTICING GRATITUDE

GRATITUDE FOR YOU

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

GRATITUDE FOR THE BODY

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

GRATITUDE FOR OTHERS

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

GRATITUDE FOR LIFE

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



JOY & HAPPINESS

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

*Allow yourself to experience more happiness
and joy throughout your day*

JOY DAILY: STEP BY STEP

INTERACTIONS

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

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

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

DROPPING INTO RIGHT NOW

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

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

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



COMMUNICATION

Connect in ways that are more fulfilling and effective.

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

HOW MINDFULNESS CAN HELP

CONNECT TO THE POWER OF YOUR WORDS

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

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

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

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

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

BE MORE PRESENT BY STOPPING MENTAL INTERRUPTIONS

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

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

Take a breath to help you reset and become present.

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

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

LISTEN MINDFULLY BY ABSOLVING ASSUMPTIONS

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

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



AWARENESS

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

*Tap into a deeper sense of
knowing in the body*

MINDFUL AWARENESS CHECK-IN

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

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

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

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

BEING VS DOING

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

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

*Make a commitment to take
care of yourself*

AUTHENTIC SELF

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

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

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



STRESS

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

*Make time for a
reinvigorating activity*

STRESS BUSTING TIP FOR REINVIGORATING YOURSELF

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

GET PERSPECTIVE!

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

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

Stop and take a few mindful breaths to become present.

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

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

*Take a few mindful breaths
to become present*

CHECK IN

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



PERFORMANCE

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

“What is uniquely being called for right now?”

THE POWER OF PRESENCE

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

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

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

ATTITUDE IS EVERYTHING

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

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

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

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

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

THE FUTURE IS NOW

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

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

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

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

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

