



A P R I L 2 0 1 9

CARE PACKAGE



Discover the vibe of life



CARE PACKAGE CONTENTS

WEEKLY CALENDAR

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

[CLICK TO VIEW](#)

MONTHLY CLASSES

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

[CLICK TO VIEW](#)

THEME WEEK BLOG

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

[CLICK TO VIEW](#)

MINDFUL MEETING MOMENT

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

[CLICK TO VIEW](#)

MINDFULNESS ARTICLES

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

[CLICK TO VIEW](#)

PRACTICE GUIDE

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

[CLICK TO VIEW](#)

APRIL 1

WEEKLY CALENDAR

MONDAY



HAPPINESS IS NOW

What shift if you stopped chasing happiness?



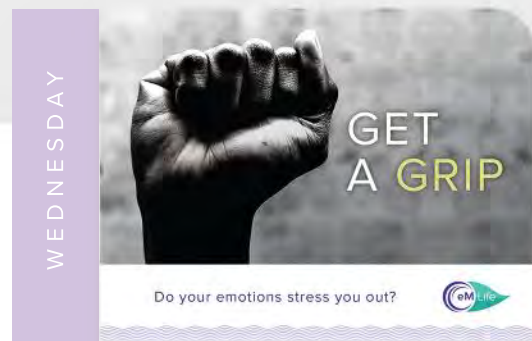
01

Research has shown that chasing happiness could actually lead to experiencing less happiness in your life. Learn how Happiness Is Now at the Mindful Daily!

*eM Life week starts on Tuesday

APRIL 2-8

WEEKLY CALENDAR



03

Sometimes difficult emotions can be stressful when we feel like we should't be experiencing them. When we have intense emotions, it can be useful to let them settle, and then sort out what need they may be indicating.



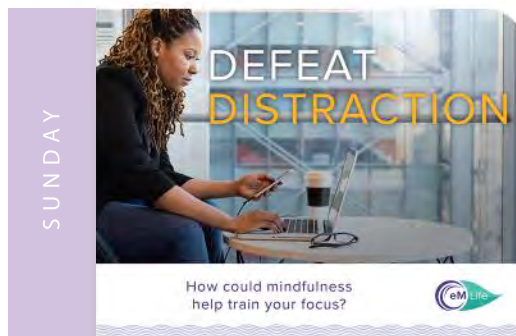
06

Do you trust in your own wisdom more than the advice from others? Learn how mindfulness can help you tap into your inner wisdom and help you take your own advice at the Mindful Daily!



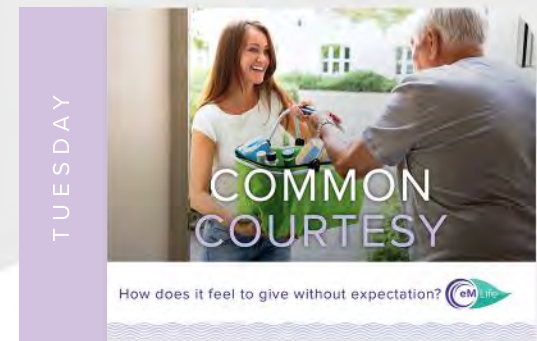
04

Do you ever feel like your life is out of control and you can't seem to get a handle on everything, or can never get caught up on your to-do list? What helps you mindfully connect to your priorities?



07

When we're distracted by our thoughts, reactions, and environments we can feel like our minds are spinning and we lose focus on what matters in the moment. Mindfulness can help us train our focus to defeat distraction- learn how at the Mindful Daily!



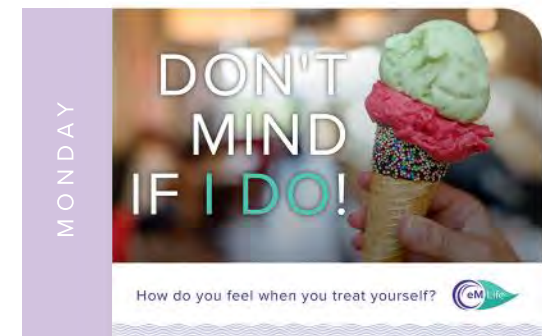
02

What happens when "please" and "thank you" become an expectation in our relationships? Mindfulness can help you discover the benefit in giving without expectation!



05

Reflect for a moment, who do you want to be more present for in your life? Is it your loved ones, friends, colleagues, people you mentor, or others? Is it yourself? Take time today for gthe VIP's in your life at the Mindful Daily!



08


How do you feel when you treat yourself? Does that fun treat you imagined ever turn into over-indulging and wishing you hadn't? If you can relate, tune into the Mindful Daily to learn to treat yourself without overdoing it!

*eM Life week starts on Tuesday


APRIL 9-15

WEEKLY CALENDAR

TUESDAY



WELCOME TO REALITY

How might it be to boldly accept what is? 

09

It's normal for us to resist difficult experiences. What is the value of practicing accepting how "it" is right now in this moment of your life? What would be helpful to see more clearly?

WEDNESDAY



YOUR RENEWABLE RESOURCES

What helps you tap into your abundant compassion? 

10

When you think about compassion, do you imagine you have an abundant capacity or a scarcity to be conserved? Do you ever feel like you have no more compassion left to offer? Learn more about Your Renewable Resource at the Mindful Daily!

THURSDAY




DON'T MISS THE BIG PICTURE

Are selfies keeping you from capturing the moment? 

11

It's become a mainstream phenomena to capture the moment by taking a selfie, but, do you ever find that capturing the moment is actually taking you out of the moment?

FRIDAY



THE TRUEST LOVE

How much do you love yourself? 

12

How much do you love yourself? How would it be to love yourself fully and unapologetically? Discover your Truest Love with mindfulness!

SATURDAY



AVOIDING A TAXING SITUATION?

How could you challenge the thoughts that lead to procrastination? 

13

One reason commonly indicated for procrastination is feeling overwhelmed by confusion and the perceived complexity of a task. How do you respond when you have something that must be done, that is complex and potentially unpleasant?

SUNDAY



IMPULSE TO INTERRUPT

How might patience lead to better understanding? 

14

When you're listening to someone, are you really listening? Or do you find your mind drifting to random thoughts? Learn how patience could lead to better understanding at the Mindful Daily!

MONDAY



STRAYING WITH KINDNESS

How do you offer yourself compassion when you go off track? 

15

It's almost inevitable that we're going to stray away from our intentions and goals from time-to-time. How do you typically react to yourself in these moments? Learn more at the Mindful Daily!

*eM Life week starts on Tuesday

APRIL 16-22

WEEKLY CALENDAR

THEME WEEK: HONESTY

WEDNESDAY



EASIER WITH HONESTY

Are you comfortable asking for what you need? 

17 Are you comfortable asking for what you need? Or does the idea feel like you'll be perceived as self-centered or selfish? You're not alone. Learn how to ask for what you need with mindfulness!

THURSDAY



DO YOU WANT TO?

Are your actions in line with your intentions? 

18 Do you ever find yourself doing something you agreed to, and then realize your heart's not in it? Learn how to better ask yourself "Do I Want To?" with mindfulness!

TUESDAY

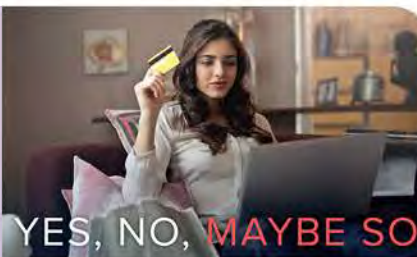


FACING DIFFICULTIES


How might being honest about feelings help with difficult emotions? 

16 We all experience difficult emotions from time to time. It may feel easier to push away, but not tending to them can make them worse. Learn how mindfulness can help you be more honest about your feelings today!

FRIDAY



YES, NO, MAYBE SO

How might honesty support your budget? 

19 Do you ever purchase something and then stress about it the next day? With 24/7 access to online shopping, it can be tempting to overspend or buy things we don't really need. Can you relate?

SATURDAY




TAKING AN HONEST LOOK


What matters to you the most? 

20 What matters to you the most? Maybe your loved ones, your health, or a pastime or hobby you enjoy. Now, think about the last 24 hours- how much time did you spend on those things that you love? Take An Honest Look at the Mindful Daily!

SUNDAY




HONEST TRUTH


Do you believe everything you think? 

21 Sometimes we may have inaccurate stories of ourselves running through our mind. Often, these unconscious narratives are based on what we've repeatedly heard about ourselves and the world around us. Learn to not believe everything you think with mindfulness!

MONDAY



THE FUTURE IS YOURS!

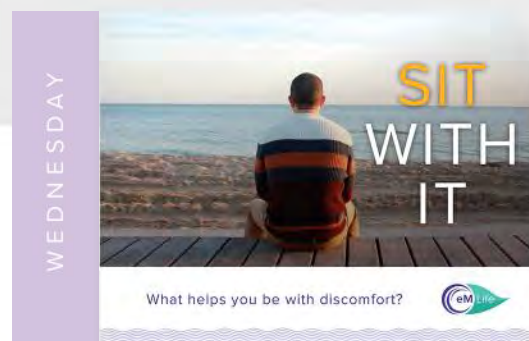
Are you honest with yourself about the need for change? 

22 Are there aspects of your life you're just not happy with? It's easy to get stuck in patterns of doing the same things over and over. But you can make choices that support yourself more fully. Learn more in the Mindful Daily!

*eM Life week starts on Tuesday

APRIL 23-29

WEEKLY CALENDAR



24

The human tendency is to be with our preferences and avoid experiences we don't want. But, have you considered how you're training (or not training) the mental stability that allows you to be with whatever experiences arise day-to-day?



27

Is there something that you want in life, something you want to do or be, but you're afraid to move forward? In the Mindful Daily, we will learn how to conquer The Fear Of The Unknown.



25

When we don't know how to be present and open-hearted without becoming overwhelmed it can close us off from others. Learn how compassion improves your connection with others at the Mindful Daily!



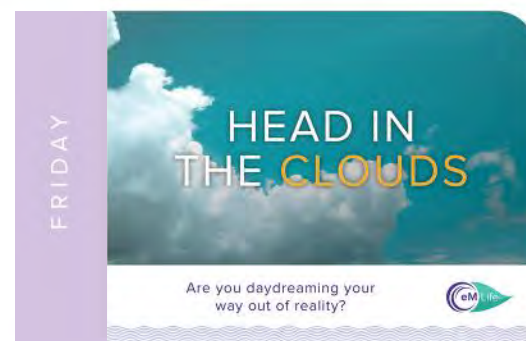
28

Are you having the experience of learning to do something new, or in a new way, and feeling like you're getting it wrong? What helps you accept that getting it wrong is part of getting it right?



23

Intentionally taking time to reflect on what you're grateful for in your life can actually increase your happiness and satisfaction with life - just as it is. Learn how gratitude make you happier in today's Mindful Daily!



26

Are you daydreaming your way out of reality? Daydreaming has been found to be a default state of attention, and while it may seem more appealing than reality sometimes, research has found that it actually does not make us happier.



29

Do assumptions lead you down the wrong path? When we don't have complete information about something, our brains will try to fill in the gaps. Learn how to Mind The Gap at the Mindful Daily!

*eM Life week starts on Tuesday

APRIL 30

WEEKLY CALENDAR

TUESDAY



THE GIFT THAT
KEEPS ON **GIVING**

How could a gratitude practice
be uplifting?



30

How often do you feel "all in" when it comes to gratitude? Do you feel mentally aware of something or someone you're thankful for? Learn how a gratitude practice can uplift your life at the Mindful Daily!



GOING OUT ON A LIMB: OVERCOMING YOUR FEAR OF FAILURE

By eM Life Instructor Mike Engle

Let's talk about failure. This is one area of life that we'd like to avoid altogether, and with good reason. From a basic survival perspective, if we continually fail then we might not survive. But sometimes our fear of failure actually keeps us from pushing outside of our comfort zone and into something new. How often do you go out on a limb? How often do you push out of that comfort area? Maybe you do it at work, proposing new ideas that might increase your value to the organization or, on the other hand, might be shot down and make you look foolish. Maybe you do it in your relationships, being vulnerable and honest and exposing your faults as well as your qualities, even though that internal fear of rejection nags at you, telling you to show a good face to others like you have your life together (even if you don't). Many of us have that fear of failure or rejection that knots us up inside and keeps us from putting ourselves out there. The problem is that when we don't push into that uncomfortable space of possibility we lose countless opportunities for growth.

Growth happens on the edge of your comfort zone, not in the middle of it. But failure often happens there as well, so we have to be ok with that failure if we want to change. If we always hold onto the fear of trying something new or putting ourselves out there, then we'll only be unnecessarily holding ourselves back. That doesn't mean that we can't prepare and do all that we can to succeed in new situations, but it means that at some fundamental level we have to let go of basing our value on our success. This striving for success is tied into our busyness, and we often find ourselves doing and trying to succeed in one thing after another without any break. We've become so used to doing all the time that many of us have a fundamental discomfort or uneasiness with just being. That may be why we spend so much time doing, because when we really stop doing, we get a bit anxious or bored. We find things to do to entertain our minds, but also to give sense and meaning to our lives. We do things to give ourselves value.

As we start to practice mindfulness, we lean into being as opposed to doing, dropping our inner momentum that keeps us moving all the time as we start learning to accept. We start to accept our experiences and stop judging ourselves so harshly when we don't reach the perfection we hold ourselves up to.

This process of acceptance is quite challenging. We're so used to applying antidotes, so used to changing something to make it better, or to make it go away, that sitting with discomfort doesn't come easily for us. That's an edge that we work with in our practice-- learning to stay aware even if it's not the most pleasant or desirable experience. But we don't force ourselves to face discomfort like a drill sergeant forces recruits to train. Instead, we relax into the process. By relaxing, and allowing the mind to be spacious and open, we can stay aware of sensations without being overwhelmed. As we practice holding our attention on the breath, we develop a sense of being OK during the practice. We're OK if challenging emotions come up. They come and go, and we know we can stay aware without getting sucked into them. And even if we lose awareness and get caught up in our emotions and thoughts, it's OK. It's just another part of the practice. We also start to be OK with ourselves without needing to do anything. We become OK with just being and with ourselves as we are, even when we fail.

This isn't some lofty goal that we may one day realize if we spend countless hours on a cushion. We can start familiarizing ourselves with small doses of this acceptance when we practice. Then, in our everyday lives we can begin to notice those moments when we start to hold ourselves back out of fear of failure. You know those moments when you have the internal movement to act or say something, but then you catch yourself and hold yourself back because you're not sure how well it will go. Once we become aware of those, we can practice letting go of fear and instead accept ourselves as we are. With a few mindful breaths we can practice being instead of doing, and stay open to everything unfolding in our experience, even if it isn't very comfortable. We can learn to be OK with ourselves even if we fail.

About the Author

Mike has been passionate about training his mind since he was first exposed to mindfulness at the age of 16. Since then, his desire to understand and work with his mind has led him to earn degrees in Psychology and Philosophy, to research attention training in monastic education in Nepal, and to sit four and a half years in intensive solitary retreat. After finishing his retreat Mike began to teach mindfulness to others, and after starting his own family he became interested in bringing the benefits of mindfulness to parents, children, and families. He currently lives in Barcelona with his wife and sons where he spends his time teaching mindfulness, coaching, and working in the field of Tibetan translation. Mike has worked as an eM Life instructor since 2017.





AWARENESS 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 Awareness 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.

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.





MINDFULNESS AND THE ART OF SAYING, 'NO THANK YOU'.

By eM Life Instructor Ninette Hupp

Saying NO to be able to enthusiastically say YES in 2019

January is a time to reflect on what we want to do more and less of in the new year. We often forget that making time for the things we want to do requires saying "No" to the things we don't want to do. This is challenging because we are continuously bombarded with requests and struggle to say "No" to them. Suddenly our calendars are full of commitments that aren't personally fulfilling to us.

So why do we let this happen? Maybe it's wanting to avoid conflict, feeling obligated, having FOMO (fear of missing out) and wanting to please others. The overarching theme is that we forget that our well-being, interests and goals matter! We are human beings with limited resources. As the brilliant poet Mary Oliver says, "Tell me, what is it you plan to do with your one wild and precious life?"

Our mindfulness practice is a wonderful way to inquire and stay connected to what our own vision, priorities, adventures, needs and wants are in this moment.

Here are three practices you can explore anytime your think saying 'thank you, but no thank you' is the ideal route to take:

1. Mindfully Pausing

We live in a world where we often feel the need to act or respond immediately. Implementing the practice of pausing before responding to requests is a fabulous way to create the space to check in with ourselves and our intuition. Do I really want to do this or is it best to save my resources for something that matters more to me personally?

2. Kindness & Compassion

The mind naturally judges, and often this judgement is directed at ourselves. "Seriously, like you're going to say no to them ... You are a bad person for not agreeing to that ... How selfish that you want to think of your needs first..." The mind states its opinions over and over, disguised as facts. So how do

we choose a different voice, one that is more open-minded, understanding and supportive? In this practice we send kindness and compassion to ourselves. What sentiments would be beneficial as we develop the ability to say "No"? It's beneficial to repeat these well wishes to ourselves over days, weeks, months ... as gentle reminders of our purpose and intentions. Some examples could be:

"May I listen to and trust my intuition."

"May I honor myself, my well-being and priorities."

"May I freely choose how to spend my limited resources."

"May I let go of trying to make everyone happy."

"May I experience joy, purpose and fulfillment in my life."

3. STOP (Stop, Take a breath, Observe, Proceed), a Practice for Checking in.

- S** - Giving ourselves permission to **STOP** doing, taking a break to simply be in this moment as it is
- T** - **Taking a breath**, or as many as time allows, to allow the body to re-regulate itself
- O** - **Observing** what the body feels like, what the mind is focusing on, what emotions are present and any urges we have (maybe to respond, to act, to avoid, to escape...)
- P** - Having taken the time and attention to tune in to ourselves, we are better equipped to mindfully choose how to **proceed** in a manner that will best serve our priorities, values, wants and needs

About the Author

Ninette (LSW, LMSW), has served as mindfulness teacher with eMindful for four years. With years of training in Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBCT) and other mind/body interventions for high-stress environments, nervous system regulation and behavioral development she brings a passion for making a difference and a playful, compassionate spirit to her work. Over the past eight years, both online and in-person, she has shared stress management tools and mindfulness-based interventions in a variety of roles and contexts — corporations, healthcare, academia, retreats, group and individual work.



APRIL

MINDFULNESS

ARTICLES

These articles from other publications support our monthly mindfulness topic –

HONESTY

MINDFULNESS + HONESTY

Quick Read (1 min)

Mindfulness and Honesty

[CLICK TO READ](#)

Quick Read (3 min)

How to Express Your Truth with Honesty and Respect

[CLICK TO READ](#)

Longer Read (7 min)

How to Let Go of Being Right

[CLICK TO READ](#)

MINDFUL HONESTY IN LIFE

Quick Read (2 min)

Why You Need to be Honest in Thought and Action

[CLICK TO READ](#)

Quick Read (3 min)

Speak with Honesty and Sincerity

[CLICK TO READ](#)

Longer Read (6 min)

Maintaining Trust and Honesty in Relationships

[CLICK TO READ](#)

TIPS FOR HONESTY

Quick Read (4 min)

4 Reasons Why Asking for Help Makes You a Stronger, Not Weaker, Leader

[CLICK TO READ](#)

Quick Read (4 min)

3 Reasons to Let Yourself Feel Emotions

[CLICK TO READ](#)

Quick Read (4 min)

Want A Better Budget? Best Be Brutally Honest

[CLICK TO READ](#)





RESILIENCE

Overcoming Obstacles to Change



REGISTRATION INFORMATION

Dates and Times:

April 10th 1:00 pm EST

April 25th 3:00 pm EST

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

We all want to make changes in our lives, and in the process there are always obstacles that derail us from our intentions. Obstacles will arise in the form of thoughts such as questioning, “There’s more important things to do.” Maybe there are some painful sensations that arise when we practice that serve as a deterrent. Our minds may say that the “conditions aren’t right,” or other excuses. As we become familiar with our common obstacles to practice, we can learn to label them, step outside of them, and refocus on what’s most important.

COMING IN MAY

Resilience

Thoughts are Not Facts:
Breaking the Glass Ceiling
of Our Mind

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



MINDFUL EATING

Depending on Food for Pleasure & Entertainment



REGISTRATION INFORMATION

Date and Time:

April 12th 1:00 pm EST

April 29th 2:00 pm EST

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

Enjoying food can be an important part of life. There are many non-hunger reasons to eat, and these pleasurable aspects of food are often intertwined and can touch on our needs for play and self-fulfillment. You will learn a basic understanding of mindfulness and how it relates to weight loss, explore how important play and self-fulfillment are in your life, and learn how mindfulness can help you meet your need for pleasure, play and self-fulfillment without depending on food.

COMING IN MAY

Mindful Eating

Challenging Thought
Patterns That Lead to
Weight Gain

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.



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.

