

WHAT IS MINDFULNESS?

Simply put, mindfulness is focused awareness

It is the ability to be present and aware of your life

Allowing the past to be in the past & the future to come... staying in the now

It is the ability to release your reactivity and judgment toward yourself and your moment to moment life

It is the awareness of your mind, body, and life's conditioning

Become aware and curious...

Your Mind:

- Where is your mind focused... past, present, or future?
- What are your thoughts, feelings, and emotions saying to you... is this reality?
- What are the stories that your inner critic is creating... can you shift to curious awareness?

Your Body:

- How is your body feeling as you move throughout your day?
- Is your body giving you cues to help you recognize moments of stress, joy, or struggle?
- How does your body sense and perceive its surroundings and movement?
- Are you judging or criticizing your body for what it can or can't do, how it looks, how it functions?

Your Life's Conditioning:

- What is working for you in your life... and what isn't?
- What have you learned or what stories have been created from others in your life... helping or hindering?
- What have you normalized in your life... is it time for a change?

HOW CAN MINDFULNESS HELP

Decreases stress & worry

Decreases anger & frustration

Enhances focus & patience

Enhances gratitude & joy

Enhances support & compassion

Lessens our bad habits

Lessens our attachments & need for control

Enhances coping with grief & loss

Enhances immune function

Enhances sleep

WHAT CAN MINDFULNESS DO FOR YOU?

WHAT IS YOUR WHY

Why do you want to bring mindfulness into your life?
Mental, Emotional, Physical, Spiritual reasons...

Example: "To help me lower my daily mental stress."

What motivates you to begin a mindfulness practice?

Example: "I need to make a change in my stressful life and I have heard that mindfulness may help me."

What are you going to remind yourself of if your mindfulness motivation decreases?

Example: "Mindfulness is a way for me to connect to my good moments and challenging moments of life, free of judgement & criticism, and full of love & support."