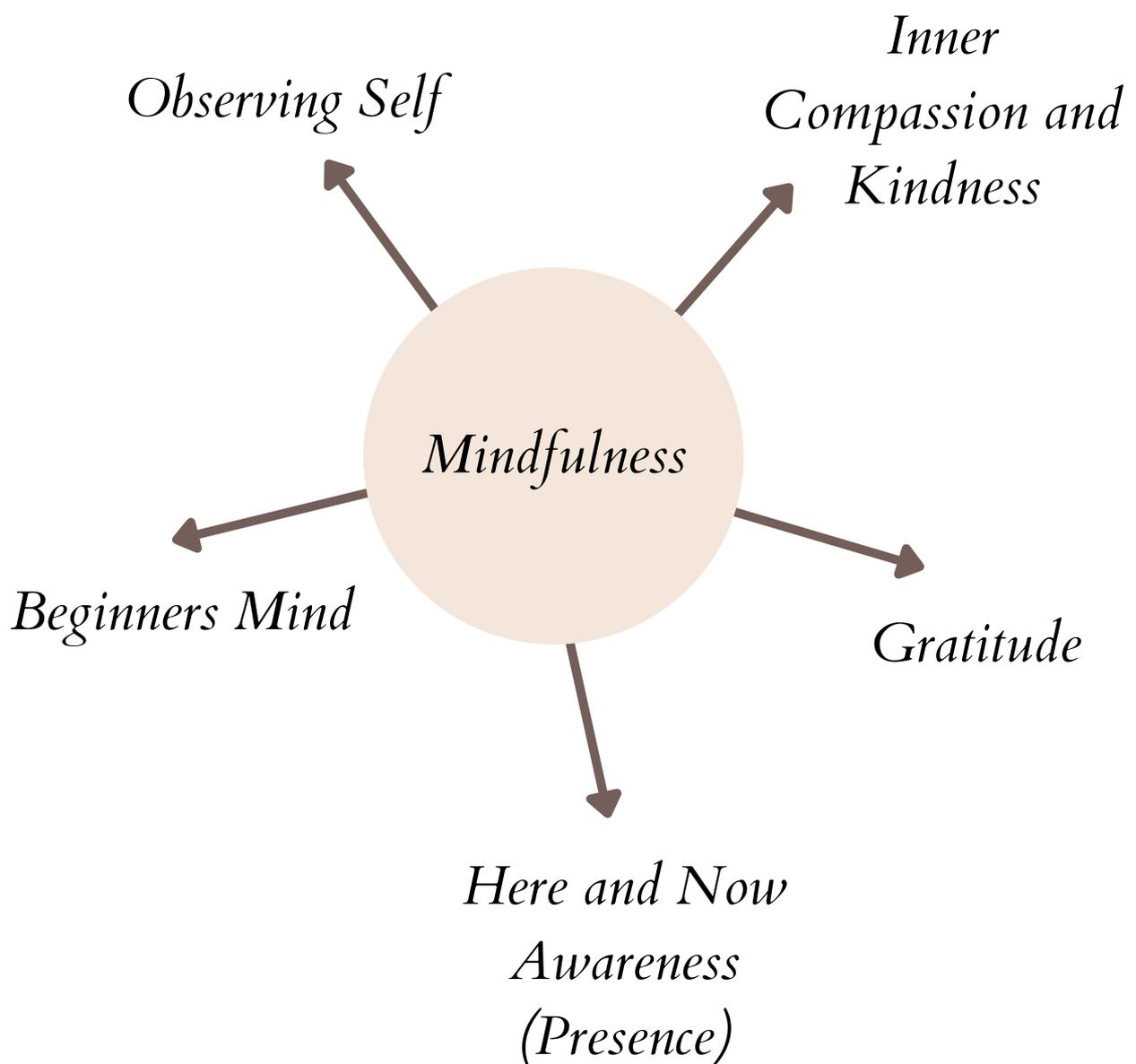


5 DAY MINDFULNESS CHALLENGE | CHECKLIST

Enhance your Mindfulness Practice for a clearer and calmer state of mind.

Mindfulness is a way of relating to your inner experience, other individuals, and the outside world.



Instructions: Focus on applying one aspect of mindfulness per day to your life, every day of the week. The more you consciously practice the various skills of mindfulness the more you will experience the wellbeing benefits of living mindfully, such as a reduced activity in the fight-flight response or enhanced immune system.

Day 1. Observant Self

"You are the sky. Everything else is just the weather." – Pema Chodron

Imagine that your various inner experiences are like clouds drifting across the sky, alerting you to notice various aspects of your self: your preferences, beliefs, or learned emotional patterns. Practice relating to your emotions in this way.

Imagine that your awareness, your unique, divine essence is observing your experiences, as if from a distance.

What about yourself feels most constant, amidst the ebb and flow of your feelings and inner experiences? Your values? Your life's purpose? Make a list...

Day 2. Inner Compassion and Kindness

When your reservoir of self-love is running low you may be vulnerable to experiencing increased volume of insecurities, or feeling affected by others' opinions or life's challenges...

Self-love does not mean being overly materialistic, selfish, and obsessed with consumption! You may consider it as taking care of your wellbeing, a commitment towards your continual growth. Remind yourself that inner compassion is an antidote to an inner critic (learned from relationships and society); and that you have a choice about how you would like to converse with yourself, whether from a place of criticism, or gravitating towards compassion and support... Practice conversing with yourself from a place of compassion.

Day 3. Here and Now Awareness

"...breathe in, and accept all that is new... breathe out, and release all that has passed." – Wiseman, S.

Our attention often gets hijacked by past pain points or future concerns, or the conversations we are having with ourselves (or others) in our head.

To help to bring your awareness back to the here and now, take a moment to connect with your senses (which can help you to not over-identify with your interpretations of reality). Take a moment to notice the world around you. Put aside 5 minutes and close your eyes, listen to the sounds of nature around you, grounding your being in nature's relaxing pace.

To finish, breathe deeply and bring awareness to the motion of your breath.

Day 4. Beginners Mind

Once you've seen there is another perspective, you can never not see that there's another point of view. – Ellen Langer

Appreciate that human beings are creatures of habit and our brain's usual response is to follow the familiar, well-trodden ways of thinking and conditioned emotional responses. Although we prefer certainty, it is uncertainty that can open our mindset to possibilities.

Consider replacing "is" with "could be" where appropriate, which opens your awareness to future possibilities and various perspectives. (Langer, E. (paraphrase))

Day 5. Gratitude

Gratitude is more than a moment of appreciation of something of value. It increases our experience of life satisfaction and wellbeing, helps us to access beliefs associated with 'positive' emotions, and makes us less vulnerable to drifting towards the pull of pain points and concerns. Set a reminder for yourself to stay open to the possibilities that your day may bring. Start the day with an intention to open yourself to noticing the blessings that you will experience, and end your day by writing down 5 things that you are grateful for!