

FIND YOURSELF ROUTINE

Date _____

BE MINDFUL



I. BREATHE

Breathe slowly and deeply in through your nose and out through your mouth or nose (preferably using 3 stage breathing outlined above).

II. FOCUS

Focus your full attention on your breath or another sensory experience (like drinking a cup of coffee). Close your eyes and feel the most subtle sensations in the present moment.

III. OBSERVE & REFOCUS

When a thought or sensation catches your attention, impartially observe it exactly how it is without judging it as good or bad and say to yourself, "I am aware of" then bring your attention back to your breathing or other chosen sensory experience (like drinking a coffee or smelling a flower) without scolding yourself.

TYPE OF
MINDFULNESS _____

TIME BEING
MINDFUL _____



FIND YOUR LEVEL

SIT OR STAND UP WITH YOUR BACK STRAIGHT, SHOULDERS BACK, AND CHIN UP. TAKE A DEEP BREATH AND OBSERVE YOURSELF. HOW STRESSED ARE YOU ON A SCALE FROM 1-10? ACCEPT YOUR LEVEL.

REFRAME THOUGHTS

WHAT THOUGHTS ARE RUNNING THROUGH YOUR MIND ABOUT LIVING OR NOT LIVING YOUR PURPOSE? WHAT FEARS, EXPECTATIONS, AND BELIEFS SURROUND THIS TOPIC IN YOUR MIND? BE ON THE LOOKOUT FOR ANY BLAMING, UNREASONABLE EXPECTATIONS, NEGATIVE PREDICTIONS, OR ABSOLUTES LIKE NEVER OR ALWAYS.

HOW CAN YOU UPDATE YOUR THOUGHT AFTER STEPPING BACK FROM IT & TAKING A BIRD'S EYE VIEW TO MAKE IT MORE LOGICAL, NUANCED, COMPASSIONATE, & HELPFUL?



TAKE ACTION

YOU HAVE AT LEAST SOME POWER IN THIS SITUATION. WHAT WOULD BE THE SIMPLEST & EASIEST WAY TO CHANGE THE OUTCOME POSITIVELY? WHAT ADVICE WOULD YOU GIVE A FRIEND? WRITE OUT THE EXACT STEPS YOU WILL TAKE TO CREATE A MORE POSITIVE OUTCOME. MEANING AND PURPOSE ARE OFTEN SIMPLE AND APPARENT. WHAT CONCRETE STEPS CAN YOU TAKE TO INJECT MORE MEANING INTO EACH DAY?

FIND YOURSELF ROUTINE PG. 2



GIVE GRATITUDE

WHO OR WHAT ARE YOU THANKFUL FOR THAT GIVES YOU MEANING OR PURPOSE? HOW CAN YOU CREATE MORE OF THESE MOMENTS IN YOUR LIFE AND OTHERS' LIVES?



CONNECT

DO AN ENJOYABLE ACTIVITY WITH SOMEONE OR SIMPLY TALK. JOT DOWN A FEW NOTES ABOUT THE INTERACTION IN THE SPACE BELOW. IF YOU CAN'T CONNECT NOW THEN PLAN A FUN ACTIVITY WITH SOMEONE INCLUDING A CONCRETE DATE AND TIME. FOCUS ON YOUR MOST IMPORTANT AND MOST POSITIVE RELATIONSHIPS. TALK ABOUT WHAT GIVES YOU MEANING AND ASK THEM WHAT PROVIDES THEM MEANING AND PURPOSE. EXPLORE THIS TOPIC WITH OTHERS.



YOUR IDEAL SELF & LIFE

DESCRIBE YOUR IDEAL SELF & LIFESTYLE IN DETAIL. HOW WOULD YOU FEEL? WHAT/ WHO/ WHERE WOULD BE INCLUDED AND WHAT ABSOLUTELY WOULD NOT BE A PART OF IT? WHAT WOULD YOU DO? WHAT KIND OF EXPERIENCES WOULD YOU HAVE THAT WOULD BRING YOU DEEP MEANING AND JOY?

FIND YOURSELF ROUTINE



GOALS & VALUES

WHAT VALUES & GOALS WILL GET YOU TO YOUR IDEAL LIFESTYLE & SELF? WHICH GOALS, & VALUES DO OTHERS HAVE THAT ALREADY LIVE A LIFESTYLE SIMILAR TO YOUR IDEAL LIFE? HOW CAN YOU INTEGRATE THESE GOALS, & VALUES INTO YOUR LIFE TODAY? LIST YOUR TOP 3 GOALS AND 3 VALUES.



DEEP MOTIVATIONS

ASK YOURSELF, "WHY IS REACHING THIS GOAL OR LIVING UP TO THIS VALUE IMPORTANT TO ME?" ABOUT EACH OF YOUR GOALS AND VALUES. AFTER YOU GET AN ANSWER ASK YOURSELF THE SAME QUESTION ABOUT THAT ANSWER. KEEP THIS PROCESS UP UNTIL YOU GET TO YOUR CORE MOTIVATIONS.



MEANINGFUL MOMENTS

PLAN 1-3 ACTIVITIES THAT YOU CAN LOOK FORWARD TO TODAY. 1-3 ACTIVITIES THAT WILL PROVIDE YOU WITH JOY AND A SENSE OF MEANING. EACH ACTIVITY SHOULD BE LINKED TO A PERSONALLY MEANINGFUL GOAL OR VALUE. THIS COULD BE SOMETHING AS SIMPLE AS GARDENING, BUT WHAT'S IMPORTANT IS IT BRINGS YOU JOY AND MEANING. SCHEDULE EACH TASK OR HABIT FOR A SPECIFIC TIME BLOCK.

Time	Activity	Linked Goal or Value