



**Live in THIS moment – learn to be present in just 10 weeks**

Week 1 : Introduction to Mindfulness

Mindfulness is ...

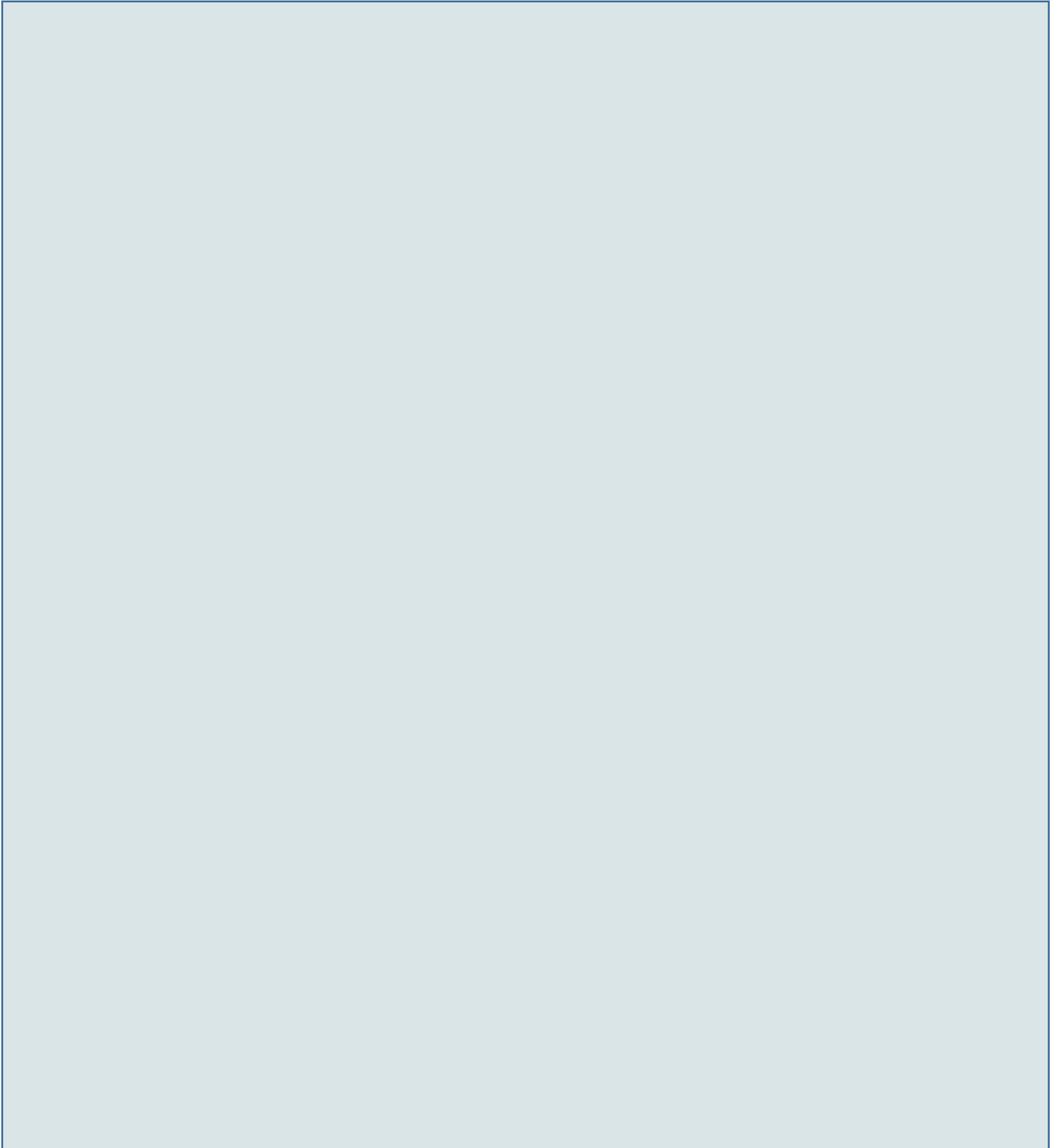
“the awareness that arises from paying attention, on purpose, in the present moment, non-judgmentally”

J Kabat-Zinn

1. Which negative thought habits will you focus on releasing in the next 10 weeks?  
Breathe and be as honest as possible ...

2. Why do you need to release this old habit? How does it get in the way of your happiness, joy and peace?

3. In the present tense, write what your goal is for how your day will look like once you have released your negative thinking habit. What thoughts and feelings do you aspire to have? What will your body feel like? What urges and actions will you be carrying out? Be specific and write for as long as your heart guides you to.



4. What worries or fears do you have right now?

5. Using the above, which of the areas of your life are your concerns about? Are you very, moderately or only slightly worried?

i. Health	
ii. Career	
iii. Family	
iv. Spirituality	
v. Finances	
vi. Friends	
vii. Romance	
viii. Fun	
ix. Your home	
x. Personal growth	

6. How often do those worries make you feel stressed, anxious or low?

As you learnt in the video, Mindfulness is based on 7 core attitudes or 'pillars' that nurture happiness:

Non Judgement	Non-Striving	Patience	Curiosity
Acceptance	Trust	Letting go	

Think about which of these you have tended not to practice until now ... and forgive yourself. Now pick one that you will focus on this week, with self-compassion, and write down your affirmation below. E.g. *"Today I set the intention to notice when I am being impatient, congratulate myself for noticing. I exhale impatience and stress and inhale patience and calm. I choose to release impatience and live in THIS MOMENT."*

Daily affirmation:

Home practice:

- Each day find a quiet space and use my audio to do a 10 minute sitting practice in order to start developing your new mindfulness habit
- Remember to be kind to yourself and have no expectations for those 10 minutes
- If the first meditation feels like a struggle, don't give up
- Let the people you live with know that you are having 10 minutes for yourself ... or invite them to join you!
- Change the place or time of day until you find what works for you
- If the mind gets too busy remember to use your breath in your chest or your belly as an anchor
- If your breath feels tight focus on your body instead.
- At the end of each day complete the diary below

Learning to Live in THIS Moment Diary – Week One

Chosen Attitude/Pillar of Mindfulness: \_\_\_\_\_

Day one:

What went well in your pursuit of nurturing your chosen Pillar of Mindfulness:

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Which situations were challenging in trying to embrace it?

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Day two:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

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Which situations were challenging in trying to embrace it?

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Day three:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

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Which situations were challenging in trying to embrace it?

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Day four:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

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Which situations were challenging in trying to embrace it?

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Day five:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

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Which situations were challenging in trying to embrace it?

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Day six:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

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Which situations were challenging in trying to embrace it?

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Day seven:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

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Which situations were challenging in trying to embrace it?

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