



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

Week 10 : Celebrating your Journey and Planning a Mindful Future

Well done! You made it! You've invested 9 weeks in your own happiness and dedicated yourself to developing presence with self-care and self-compassion – key to finding the happiness, joy and peace you deserve.

It's time to reflect on your journey and put in place habits that will keep you in the moment going forward.

1. Look back at your worksheet from Week 1 and remind yourself below WHY you wanted to release your negative thought habits:

I needed to release my thought patterns because ...

2. Which unhelpful thought habits are now less frequent or gone altogether?

I spend a lot less time thinking about ...

I no longer overthink about ...

3. How does your day look like now that you have released most / all of your negative thinking? What positive thoughts and feelings have filled your day in the last week? How has your body felt? What urges have you had and what actions have you carried out? Celebrate your achievements unreservedly and with pride.

Recently my days have been filled with ...

Physically I have felt ...

I have felt the urge to ...

4. What is your current relationship with your earlier fears? Are they still as worrying? Are you now able to allow them to be there without reacting? Or have they dissolved completely? Notice your body sensations as you reflect on this now.

After 9 weeks of learning to live in the moment, I have noticed that my worries now ...

5. Close your eyes, take a breath and smile. Connect with your heart. Soften. Then open your eyes and note how happy you are with the areas of your life. What's going well / very well / fabulously? What are you grateful for? What are you proud of?

i. Health

ii. Career

iii. Family

iv. Spirituality

v. Finances

vi. Friends

vii. Romance

viii. Fun

ix. Your home

x. Personal growth

6. As you learnt over the last 9 weeks, Mindfulness is based on 7 core attitudes or 'pillars' that nurture happiness, as well as Kindness and Gratitude. Now reflect on those 9 attitudes and note below how easy/hard it was to notice & adopt them. How have they helped you in daily life?

	How easy / hard was this ... how has this transformed / helped you?
Non-judging	
Non-Striving	
Patience	
Curiosity	
Acceptance	
Trust	
Letting-go	
Kindness	
Gratitude	

7. The final element to consider and bring into your life is Self-Compassion.
Take a moment to reflect on what has made you happiest over the last 9 weeks?

What gives you sense of living and pleasure?

What gives you a sense of mastery or achievement?

Which of the following make you happy, joyful or feel at peace?

Tick, circle or underline the ones that make you feel good about yourself and the world.

Meditation	Sports with others	Exercise	Being Outdoors
Dancing	Being with Animals	Singing	Listening to Music
Fun with Friends	Family time	Cooking	Creative Activities
Relaxing	Sleeping	Reading	Learning something new
Laughing	Decluttering	DIY	Spirituality

Anything else?

Now write a Self-Compassion letter to yourself capturing instructions on how to safeguard your happiness by practicing the above, then pop it in an envelope and keep it somewhere safe.

Make a note in your diary / calendar to read it 3 months from now.

Anna Wille

Love yourself
Live in THIS moment
Lead the life you desire

Dear Future Me,

You're are amazing! You have shown dedication to the happiness you deserve by completing this course. Going ahead please remember to be happy by ...

And please remember to stop and breathe!

Love from Me! xxx

Planning Your Mindful Future

Having dipped your toes in the world of Mindfulness and Meditation, so that you can live in THIS moment, there's lots more you can do next to keep your practice alive and growing.

Daily Home Practice Going Forward:

- Each day find a quiet space and do a 10 minute sitting practice to feel grounded.
- Before and after challenging situations, do a 3 minute Breathing Space.
- On days with significant challenges, do a 20 minute sitting practice to rebalance.
- Once a week do a 40 minute body scan to check in with your body and release tension.

Deepening your Practice Going Forward:

- Join a weekly online or onsite Meditation group. (See my site for timings – your first 5 sessions are **free** with this course).
- Attend the 10 week course in a real-time group setting to **reinforce** your learning and learn more from others. (See my site for online courses - discounts available for you as a graduate of this course).
- Deepen your Mindfulness Practice with an 8 week 'Mindfulness Based Cognitive Training' (MBCT) course for Stress Reduction and Depression Prevention. You can do this online or at a venue near you (See my website for course dates - discounts available for you as a graduate of this course).
- Alternatively, you can guide yourself through the 8 week MBCT, for example, with Mark Williams' "Finding Peace in a Frantic World".
- Get further inspiration and share it with others in my book "How to be your own Saving Grace: Find Happiness, Joy and Peace, by learning how to Love Yourself, Live in this moment and Lead the life you desire.
- Attend a Retreat in order to propel yourself towards even greater happiness, joy and peace. There are many available in the UK, e.g. with Gaia House / Sharpham Trust or join one of my Retreats in Cornwall and Portugal. (See my website for Retreat dates - discounts available for you as a graduate of this course).