



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

Week 2 : Paying attention to your breath and body.

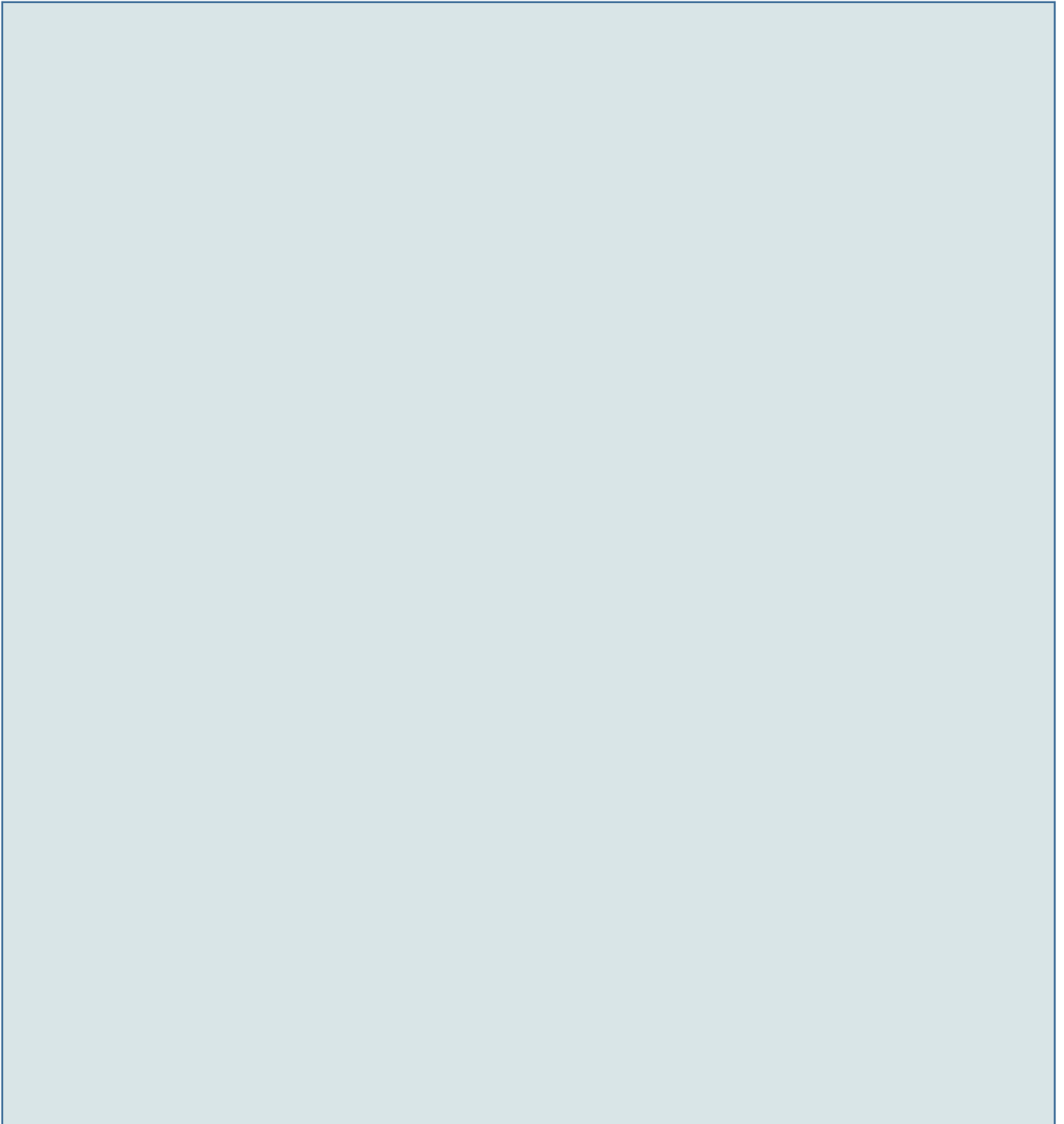
1. Which negative thoughts were you aware of in the last week? What situations triggered them?

2. What went well in the last week?

3. Paying attention to our breath and our body instead of our thoughts, takes patience, self-compassion, persistence and curiosity.

Which physical/mental/environmental challenges/barriers did you face in your meditations last week?

What can you do to remove them in the coming week?



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

Non Judgement	Non-Striving	Patience	Curiosity
Acceptance	Trust	Letting go	

Congratulate yourself for working on your first pillar last week – celebrate your success by writing your greatest achievement with it last week on a post-it note and stick it somewhere you will see it everyday. Treat yourself to a celebration with a long bath or flowers or a walk in the park.

Now, pick another 'Pillar' to 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 fault-finding or criticising, and congratulate myself for noticing. I exhale judgment and stress and inhale appreciation and calm. I choose to release judgment and live in THIS MOMENT."*

Daily affirmation:

Home practice:

- Pick one daily activity to do with greater presence and attention, e.g. showering, making a hot drink, walking ...
- Each day find a quiet space and do a 10 minute sitting practice of paying attention to breath and body, breathing thoughts away when they appear
- When thoughts appear, as they will, don't get cross or disappointed – remember your mind is built to think
- If the mind gets too busy, 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 Two

Chosen Attitude/Pillar or Mindfulness: _____

Day one:

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

Which situations were challenging in trying to embrace it?

Day two:

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

Which situations were challenging in trying to embrace it?

Day three:

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

Which situations were challenging in trying to embrace it?

Day four:

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

Which situations were challenging in trying to embrace it?

Day five:

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

Which situations were challenging in trying to embrace it?

Day six:

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

Which situations were challenging in trying to embrace it?

Day seven:

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

Which situations were challenging in trying to embrace it?
