



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

Week 3 : Subdue your busy mind

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. The human experience often involves many different positive and negative states of mind:

Dejection	Despondency	Sadness	Tearfulness	Despair	Hopelessness
Frustration	Irritation	Annoyance	Anger	Rage	Fury
Worry	Dread	Fear	Alarm	Panic	Anxiety
Satisfaction	Enjoyment	Happiness	Delight	Joy	Elation

Which of these states of mind have you experienced over the last week and why? How did you react to the mood? Did you try to control it? Distract yourself from it? Or perhaps you just didn't know what to do?

4. Maintaining equanimity takes detachment, curiosity, patience, self-compassion and acceptance.

Which of those have you found the hardest to practice in the face of a difficult state of mind?

What can you do this week to remain calm when challenging emotions arise?

5. 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 two pillars in weeks one and two – celebrate the last week's success by writing your greatest achievement with pillar 2 last week on another post-it note and stick it next to the first so you can see them both every day. Treat yourself again with a long bath/flowers/a walk in the park/quality chocolate. Now, pick a third '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 trying too hard or striving, and congratulate myself for noticing. I exhale tightness and stress and inhale softness and calm. I choose to release striving and live in THIS MOMENT."*

Daily affirmation:

Home practice:

- Pick a situation that has led to negative states of mind recently that you have to face again this week: in your diary ring fence 5 minutes before and 5 minutes after for a short meditation to prepare & recover; set the intention to remain calm
- Each day find a quiet space and do a 10 minute sitting practice: bring to mind situations/moods that have been hard that day, give them space in your attention then watch them dissolve – don't interfere with your thoughts, just allow them to be there and observe them.
- At the end of each day complete the diary below

Learning to Live in THIS Moment Diary – Week Three

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?
