



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

Week 6 : Using Movement and Activities to Strengthen your Presence

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. When our minds are busy over-thinking rather than sensing, we lose focus, become distracted and end up needing greater effort to do things, which can cause stress.

Slowing down and using the body and its sensations as a centre of our focus, in a connected way, helps us learn to stay present and in a state of mind that enables us to experience:

Ease Effortlessness Fearlessness Relaxation Confidence

It allows us to experience LIFE.

This week, identify an activity/activities that you do already where you feel present, in the 'zone' and in 'flow'. E.g. singing, listening to music, dancing, playing an instrument, team sports, exercise, painting ... Do one each day and reflect on;

- (1) How your attention was able to stay 'on task'
- (2) The quality of your thoughts while 'in the zone' e.g. positive vs negative
- (3) What you felt in your body

'Zone' activity	What you noticed about your attention, thoughts and physical experience

4. Revisit your daily activities and do them slowly and with greater presence:

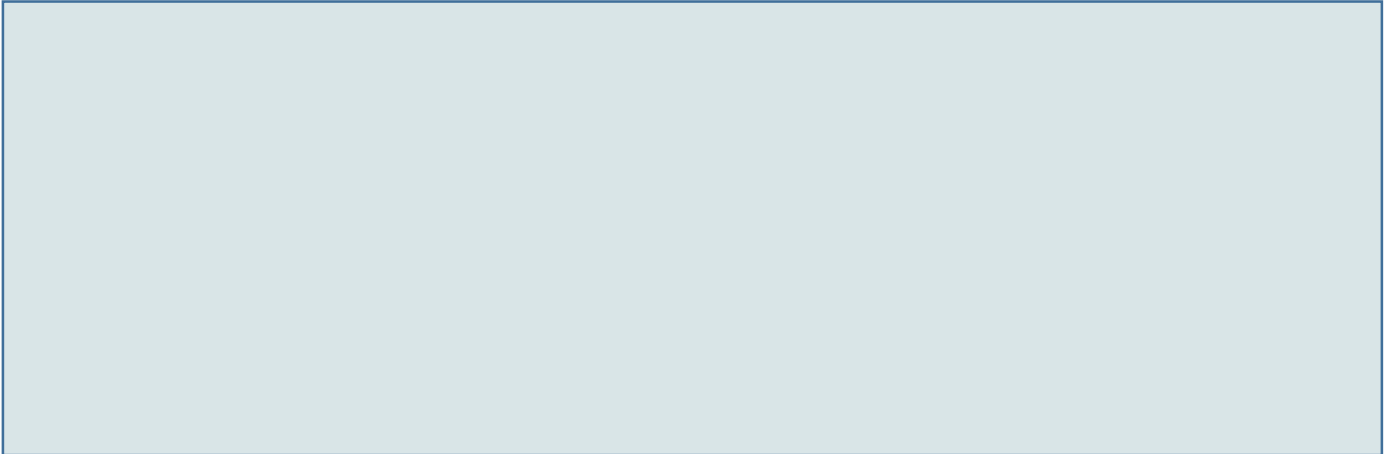
Daily activity	What you noticed about your attention, thoughts and physical experience
E.g. making tea / coffee	
E.g. shower / bath	
E.g. a walk	
E.g. cooking	
E.g. Chatting with a friend	
E.g. Making your bed	
E.g. Doing the dishes	

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 five pillars in weeks one to five – celebrate the last week's success by writing your greatest achievement with pillar 5 last week on another post-it note and stick it next to the first four, so you can see all five every day. Treat yourself again with a long bath/flowers/a walk in the park/quality chocolate. Now, pick a sixth '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 lacking faith, and congratulate myself for noticing. I exhale mistrust and scepticism and inhale trust and belief. I choose to release the desire to have a tight grip on things and live in THIS MOMENT."*

Daily affirmation:



Home practice:

- Each day find a quiet space and do a 10 minute sitting practice: notice if you are wishing your thoughts, feelings and sensations were different. Pause. Turn your attention to your breath or body. Then return to that thought and see if you can avoid reacting but instead just receive it? Let go of the need to be in control.
- Each day try a one minute standing meditation: pause, stand tall but soft, notice your feet, notice your breath, then for a couple of breaths just be.
- Listen to the mindful movement audio and practice mindful walking.
- At the end of each day complete the diary below

Learning to Live in THIS Moment Diary – Week Six

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?
