



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

Week 7 : Stepping back from 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. When we don't spend enough time in our senses and instead spend too much in our worrying minds, thoughts can feel overwhelming. And it can be hard to stay grounded and not interfere with the thoughts, which only makes us more stressed. This week keep a diary of your 'thought traffic' each day, and reflect on how it felt e.g.:

congested	racing	free-flowing
competitive	foggy	sluggish

Then reflect on how you reacted to the thoughts you found. E.g.:

- were you upset by your thought traffic? Angry?
- did you avoid noticing it and turn to something else?
- did you try and justify it to yourself or fix it?
- or were you curious / bemused about your thoughts?

This will help you understand your relationship with your thoughts at that moment.

Day	How your thought traffic was:	How you reacted or responded to it:
1		
2		
3		
4		
5		
6		
7		

4. Using imagery as a way of managing our thoughts can help us remain slightly distant from them, so that we don't interfere. E.g. seeing thoughts as balloons floating up into the sky, clouds passing, leaves floating down stream, sushi on a moving travelator, suitcases on a moving belt, notes on a musical score, films credits on a screen, or any other imagery that appeals to you. Each day try a different 'vehicle' for your meditation and do a 10 minute sitting meditation. Afterwards capture the 'flavour' of your thoughts, e.g. were they positive or negative? Were they about you, friends/family/colleagues or the world around you? Were they about the past, present or future? This will help you understand your thought habits.

Day/Imagery	What you noticed about your thoughts:
1	
2	
3	
4	
5	
6	
7	

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 six pillars in weeks one to six – celebrate the last week's success by writing your greatest achievement with pillar 6 last week on another post-it note and stick it next to the first five, so you can see all six every day. Treat yourself again with a long bath/flowers/a walk in the park/quality chocolate.

Now, pick a seventh '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 attached to memories and thoughts, and congratulate myself for noticing. I exhale rumination and overthinking and inhale liberation. I choose to release the habit of not letting go and choose instead to live in THIS MOMENT."*

Daily affirmation:

Home practice:

- As above, reflect on your thought traffic daily and make notes on it and how you reacted/responded to it.
- As above, each day find a quiet space and do a 10 minute sitting practice using imagery: note down some examples of the thoughts that turned up.
- At the end of each day complete the diary below

Learning to Live in THIS Moment Diary – Week Seven

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?
