

Mindful Moments

Your self-help guide to
finding calm and balance
everyday



Mindful Moments

Mindful Moments are appointments that you have with yourself to become aware of how you think and feel and to let go of judgement. By practicing compassion for yourself and for others, you can make your way in your day to day living with calm, clarity and connection.

Introducing new things into your life can be challenging and overwhelming. This is why Mindful Moments is a guide for you to slowly implement and practice new mindful habits in your life. Design it exactly how you like and at your own pace. As you progress, you will begin to see many aspects of your life shift in a direction that serves you. Living purposefully with positive mindful intentions is a way to a better life.

Start to pour your compassion and understanding into your mind, body and soul. Enjoy your breathing, enjoy your sitting, enjoy the delicious nourishing food that you consume. Enjoy the collective energy that you are allowing to flow within you.

Leaving the complexities of life behind can be the greatest gift you can give yourself!

It's simple, really...

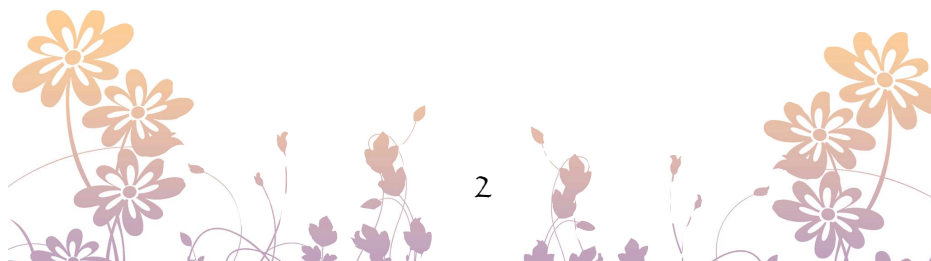
Mindful Moments - Visual Reminders

- * Be kind to yourself.
- * Drink more water.
- * Dance in the kitchen.
- * Get creative and make something.
- * Try a new hobby.
- * Make your bed.
- * Eat more fruits and vegetables.
- * Take a homemade lunch to work.
- * Go for a walk in your street.
- * Read a book.
- * Spend more time with your family & friends.
- * Buy your self some flowers or if there is a nice field with wild flowers pick a couple for yourself.
- * Listen more than you speak.
- * Try something adventurous.
- * Digital detox.
- * Just sit and breathe.
- * Do more of what you love.
- * Pay attention to the experiences happening around & within you.

These are examples of what you could use when designing your own mindful moments planner. It is in the menial tasks which you will find opportunities to develop mindfulness.

Start to fill your life with little mindful moments that create big beautiful changes now... There is no "One life fits all"!

Find the calm & balance in everyday.



When you start the process of making your life less stressful and create a more enjoyable perspective on how you will live now, you will discover just how simple it is to do more of the things you love rather than doing things that others expect you to do. Resist the urge to do a complete overhaul of your life and take small steps to mindfully navigate how you want to successfully achieve a calm and balanced life.

Here are some examples...

Make your bed

A simple task like making your bed is something that is most often overlooked because at the end of the day you will be too tired to even care if it's made or not. Little tasks like this are the best starting points to begin that mind shift of processing what really matters. Keep the goal realistic and make your bed for 5 days in a row and notice how something as small as making your bed will bring more appreciation when your comes to an end.

Just sit and breathe

Whatever difficult situation that you may find yourself in allow yourself to just sit and breathe for a couple of seconds. Inhale for 5 seconds Exhale for 8 seconds repeat for as long as you like until you feel the energy around you fill with ease and comfort.

Drink more water

Rather than drinking copious amounts of sugary drinks and coffee have at least 1 - 2 litres of water with you at all times. Now this may seem like a lot but drinking more water will help alleviate the mental blocks that we so often carry in our day to day living. But this will become a habit that will benefit your overall health and wellbeing because you are now mindfully achieving a healthy lifestyle.

Be present and withhold the judgments that you may carry as you make the first step into a mindful way of living. Approach your guide with patience and think of it as a chance to see where you need the change most.

Digital Detox

As much convenience and luxury this digital age has promised try to avoid getting too caught up in it and set aside a couple of hours or even a whole day to disconnect from all electronic devices.

Try something adventurous

Keep it local, keep it simple and use a map! Not your map on your smart phone not a GPS check out a local information centre and collect a free map mark the places you want to explore. Get out and connect with nature! Look for plants and trees, insects, visit a waterfall anything that will bring some adventure back into your life. This is also a great way to invite your family and friends along.

A handful of simple changes is all you will need to fill in the blanks. When you feel the fear and discouragement overwhelm you stay calm and remind yourself that healing and change are the transitions that are part of the journey to sustain a happier way of life.

Mindful Moments

Planner

Morning

Afternoon

Night

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

