MINDFULNESS CUSTOMIZER

Our fast-paced world can make it difficult to pause and be present. Many things compete for our attention and the pressure to multitask is significant.

Tune in to yourself, others and your surroundings. "Now" is the only time when life is actually happening. And yet, unless we make a conscious effort to focus our awareness in the present moment, life passes us by. Worse yet, not being mindful opens the door to negative influences and experiences.

Often underrated, mindfulness may be the *most important* life skill of all. That's precisely why we saved this Mindfulness Customizer for LEAP Day. It's also why we deferred these activities for until now. The only exception is the Module IV Recap where you already rated the gratitude practices you like most. Naturally, gratitude is a foundational type of mindfulness. For your reference, feel free to revisit the tools in the sections listed below

- Mindfulness Magnifier (Earned Confidence)
- Mind-Body Connector (Being a Life Athlete)
- Active Listening Exercise (Elements in Motion)
- Intuition Truster (Swimming with the Current)
- Gravity Connector (Harnessing Gratitude)
- Mindfulness Amplifier (Harnessing Gratitude)

In fact, thinking back, you'll recall that mindfulness has been a common theme throughout your Life Upgrade. In addition to those above, the sections about Perception, Winning the Battle Within, Mood Health, Managing Energy and Being Aware of Spiders all rely on mindfulness. Naturally, there are many other types of exercises that may interest you to explore and practice on a regular basis. Let's take a final look at these.

INTUITION ENHANCER

Review the techniques in the Intuition Honer that you selected and assess how best to incorporate them among the exercises below that you decide to give high ratings.

FROM WITHIN	OBSERVATIONS	ACTIONS
•	•	•
•	•	•

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Rate Your Mindfulness Practices

The following list combines the practices you experienced in the Mindfulness Magnifier, Mind-Body Connector, Active Listening Exercises and the Mindfulness Amplifier to help you evaluate which ones are worthy of further consideration and incorporation.

Mindfulness Exercises	Description					
In the Moment	Tune into your thoughts and feelings for 30 seconds	1	2	3	4	5
Observation	Full attention on breathing, senses and surroundings	1	2	3	4	5
Hand Awareness	Squeeze tightly and then observe the sensations	1	2	3	4	5
Mental Focus	Stare at a specific object and study it thoroughly	1	2	3	4	5
Attentive Stretching	Stretch every body part and give each full attention	1	2	3	4	5
Sample Meditation	Keep focus on breathing in and out for 10 minutes	1	2	3	4	5
Body Scan	Slowly and attentively check in with every body part	1	2	3	4	5
Breathing Awareness	Take pause during routine daily activity to tune in	1	2	3	4	5
Mindful Eating P1	Give full attention to something while eating	1	2	3	4	5
Mindful Eating P2	Create a dining experience – lighting, music	1	2	3	4	5
Active Listening	Intently practice listening skills for 3 conversations	1	2	3	4	5
Listening Reflection	Make time to journal about enriched experience	1	2	3	4	5
Gut Check	Use your intuition to think through life circumstances	1	2	3	4	5
Walking Heavy (gravity)	Walk 25 steps while noticing your full weight	1	2	3	4	5
Take a "Go-to" Stance	Ground yourself in a stressful moment of interaction	1	2	3	4	5
Mindfulness 5-4-3-2-1	Choose a moment to tune into each of your 5 senses	1	2	3	4	5
Nature Walk	Self-explanatory. Notice all you can along the way	1	2	3	4	5
Pre-conversation Pause	Take an intentional moment before engaging another	1	2	3	4	5
Full Engagement	Be "fully present" with family, friends, co-workers	1	2	3	4	5
Fully Present	Consciously pay full attention during routine activities	1	2	3	4	5
Silent Night (optional)	Go quiet for an extended period (no electronics)	1	2	3	4	5

1 = Not My Thing ***2 = Not Sure*** ***3 = Willing to Practice*** ***4 = Liked A lot*** ***5 = For Sure***

Learning to be present in the moment is a way of life. With practice, you can live a more mindful life that allows you to become more conscious of everything you are doing.

And while there are many mindfulness exercises you can practice on a regular basis, learning how to be present in the moment is also a way of life. If you're intentional about being more mindful during your everyday life, you can live with greater purpose and more happiness. Ultimately, the goal of this customizer is to enable you to amplify your mindfulness practices to enrich your life in every way possible.

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