MINDFULNESS MAGNIFIER

"If there's something to let go, then let go"

Life happens in the present moment. It's the only time we can fully connect with our experiences, our joy and our fulfillment.

And yet, as obvious as that is, it all-too-easily falls in the category of "easier said than done." One challenge is that we live in an increasingly fast-paced world and the concept of slowing down and appreciating life even momentarily may seem like a waste of time.

We also succumb to temptation of getting ahead of ourselves. We've already established how Earned Confidence diminishes unnecessary worry, anxiety and stress about things that are uncertain to happen. Even that irrefutable logic isn't enough to break the habit.

The good news is that we have a powerful motive to do just that, which strengthen more and more as we experience life in the now. And the way we make that happen is to set clear intentions and make conscious efforts to practice.

This brings us back to the essential topic of mindfulness. Put simply, mindfulness is about observing your life as it happens. It begins with internal observations about thoughts, feelings, behaviors and sensations. Mindfulness is the quality of being present, free from distraction and fully engaged with whatever we're doing at the moment. Your attitude remains positive and curious. Imagine being fully engaged in a task, aware of your thoughts and feelings, but not obsessed or controlled by them. Remain non-judgmental.

You'll find mindfulness to be a common theme and focal point throughout your Z-isms Mindset Reset. This Magnifier tool focuses on internal mindfulness. Later we'll explore a Mindfulness Amplifier to sharpen your external awareness. Along with way will be specialized mindfulness practices about kindness, the mind-body connection, energy, gratitude and a certain force of nature. We'll then revisit these practices for you to personalize those you find helpful to personalize your Mindset Reset.

By embedding different mindfulness activities throughout this program, you'll find the experiences will begin to shift from conscious practices to naturally enriching everyday experiences. Below are four brief activities. It is best to spread them out throughout a single day or over two or more days. There's a variety of options to help you to discover what you like and encourage you to stick with it and keep going.

© 2021 Z University, Inc.
All Rights Reserved

ACTIVITY: 1 – IN THE MOMENT (TIME: 30 SECONDS)

Tune into your thoughts. What's been on your mind today? Identify at least one source of worry, anxiety and/or stress. You may not even realize how much it's consuming you. This may be a person, a situation, an assumption or the like. Imagine that every detail, thought and emotion exist in a single bubble in your chest. Now take a slow, deep breath by inhaling for 4 seconds and focus on the word: Peace. Hold briefly as you concentrate on the bubble floating. Now release slowly for four seconds and imagine that all the negativity and contents of that bubble are exhaled. Take an extra moment to accept and believe that worked. Notice that you feel at least a little better.

ACTIVITY: 2 – OBSERVATION (TIME: 2 MINUTES)

Option A:

Sit on a straight-backed chair or cross-legged on the floor. Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale. Just sit quietly with your eyes closed. Simply take a moment to contemplate and reflect.

Option B:

Stop whatever you are doing. Pay full attention to your current experiences – senses, movements. Allow any sensations to come and go into and out of your awareness however they do, judging them positively or neutrally, but not negatively. Be right here, right now: Try not to dwell on the past or think about the future.

ACTIVITY: 3 – INTO ACTION (TIME: 5-7 MINUTES) – DO TWO

Option A: Mindful Hand Awareness Exercise

Grasp your hands really tight and hold for 5-10 seconds. Then release and pay attention to how your hands feel. Keep your attention focused on the feeling for as long as you can.

Option B: Mental Focus Exercise

Stare at any object and try to remain focused on that object for as long as possible – keep a mental watch on when your mind begins to wander, then just bring your attention back to the object… study every angle/curve/shape/color/pattern

Option C: Mindful Stretching Exercise

Slowly stretch each part of your body and be aware of your breathing and movements.

© 2021 Z University, Inc.
All Rights Reserved

Option D: Musical Stimuli Exercise:
Listen to your favorite song and pay attention to how it makes you feel and what emotions stir … engage the emotions and see where they lead

Option E: Undivided Attention Exercise
Do something around the house that you've never done before … and do it with focus and undivided attention.

ACTIVITY: 4 – SAMPLE MEDITATION (TIME: 10 MINUTES)

Meditation is the most common practice to hone mindfulness abilities to truly experience the current moment and integrate that awareness into everyday life.

Find a place where you can sit quietly and undisturbed. To begin, you might want to set a timer for about 10 minutes, If you choose to continue meditation practices, you may be less concerned about the length of time. Of course, there are numerous apps available for guided meditation practices that you may find especially beneficial.

Begin by bringing your attention to the present moment by noticing your breathing. Pay attention to your breath as it enters and then leaves your body. Before long, your mind will begin to wander, pulling you out of the present moment. That's ok. Notice your thoughts and feelings as if you were an outside observer watching what's happening in your brain. Take note and allow yourself to return to your breathing.

Sometimes you might feel frustrated or bored. That's fine – these are just a few more feelings to notice. Your mind might start to plan routine tasks or become distracted by whatever circumstances. Just take notice of where your thoughts are going, and accept what is happening.

Whenever you are able to, return your concentration to your breathing. Continues this process until your timer rings, or until you are ready to be done.

If you are journaling in concert with these Z-isms activities, these experiences with mindfulness can make worthy entries. It's important to reinforce how, even with as fast and busy as life moves, you've made yourself the priority with the time and headspace to practice mindfulness. There are 1,440 minutes in a single day. Dedicating 10 minutes to meditate and continue with any of your Mindset Reset practices is a sensible priority.

© 2021 Z University, Inc.
All Rights Reserved