MINDFULNESS AMPLIFIER

"Turn everyday experiences into enriching ones"

The Mindfulness Magnifier in Earned Confidence focused within ourselves to strengthen your foundation by practicing meditative techniques. The Mind-Body Connector activity aligned our overall self-awareness.

Now let's expand those practices with this Mindfulness Amplifier that focuses outward in how we engage with our surroundings and interactions externally. We also touched on this in the Listening Exercise in the Elements in Motion.

Mindfulness is the quality of being fully present and engaged with whatever we're doing at the moment — free from distraction or judgment, and aware of our thoughts and feelings without getting caught up in them.

Let's get right to it.

ACTIVITY: 1 – MINDFULNESS 5-4-3-2-1 (TIME: 2 MINUTES)

Stop and focus on the world around you. At this moment, what are:

- 5 Things you see
- 4 Things you hear
- 3 Things you can touch
- 2 Things you can smell
- 1 Thing you can taste

ACTIVITY: 2 – NATURE WALK (TIME: 10-15 MINUTES)

Go for a walk around the block, in the park or wherever suits your mood. Tune in to everything your senses can pick up. Do you feel every observation? Take in as much beauty as you can and appreciate the aesthetics as you would a work of art. Remain mindful of your internal workings. Mindfully breath, walk and notice your core temperature warm up. How do you feel? Take moments to appreciate your body without judging how it looks, how it feels that day, or what you wish it could do.

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ACTIVITY: 3 – MINDFUL INTERACTIONS (TIME: 5-15 MINUTES) (CHOOSE ONE*)

Option A: Pre-conversation Pause
Take an extra pause before you speak and act. Do a quick mental checklist that you're poised and centered. Decide your tone of voice based on your mood and with whom you're speaking. Consider what you're going to say. If the conversation is by phone, allow it to ring two or three times while you do as described.

Option B: Full Engagement
When you're with family and friends, focus on being fully present with them. When you're at work, direct your focus and attention there. If you're spending time with your child, just be with your child.

Option C: Fully Present
Tune in to yourself. Deliberately give your full attention to whatever you are doing. Just do that. If you're making a cup of tea, just make a cup of tea. If you're doing a house chore, remain focused on every detail about it.

*** OF COURSE, FEEL FREE TO TRY MORE THAN ONE ABOVE.**

ACTIVITY: 4 – SILENT NIGHT (OPTIONAL)

This one may seems more than a little odd and well beyond your comfort zone. That's the point.

What would it be like to have a whole Day of Silence to just be with yourself without diversions. No electronics or television or any contact with others. Try to notice all you can to the fullest extent, such as colors, shapes, textures, sounds, feelings, emotions, beauty or love. Spend time in nature and just be.

Maybe try it for an evening of mindfulness activities and work your way up to a full day or even a week. Dare yourself to do it and experience the challenge. This exercise just might help you integrate more joy into the rest of your daily life. That sounds worth it.

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