

# Mindful Living 101

## COMPONENTS OF MINDFUL LIVING

### AUTHENTICITY

Living from the heart and soul, not from unhealthy coping skills or ego.

### OPENNESS

Embracing all moments in life for learning, seek personal truth and acceptance.

### INTENTIONALITY

A responsive and proactive headspace, not reacting or on autopilot.

### GRACE

Accepting the imperfect, unnecessary kindness, love in action, forgiveness.

*It's a healthy lifestyle. A way of walking the path, of experiencing life, your journey.*

## Why Mindful Living?

Mindfulness is THE healthy coping skill, which takes the place of self-destructive behaviors.



### PERSONAL

- Combats anxiety
- Reduces stress
- Aids in weight-loss
- Improves sleep
- Fights chronic pain
- Lowers blood pressure



### SPIRITUAL

- Cultivates empathy
- Builds gratitude
- Develops humility
- Promotes awakening
- Lets go of ego
- Works to grow and heal the soul



### PROFESSIONAL

- Clearer communication
- Improves focus
- Increases creativity
- Reduces burnout
- Develops leadership
- Higher quality customer service

## WHAT IS MINDFULNESS?

Becoming an observer.  
Practicing non-judgmental awareness of the present moment.

*“Mindfulness isn’t difficult. We just need to remember to do it.”*

- Sharon Salzberg

## HOW DO YOU START?



**FORGIVE THE PAST**



**LET GO OF EXPECTATIONS**



**FOCUS ON YOUR BREATH**



**ENGAGE THE SENSES**



**OBSERVE THE PRESENT MOMENT**



**RELEASE ALL JUDGEMENT**



**PRACTICE GRATITUDE**



**REFLECT BEFORE RESPONDING**

*“Be very careful of what you think. Your thoughts run your life.”*

- Proverb