# Mindful Living 101

## COMPONENTS OF MINDFUL LIVING

## **AUTHENTICITY**

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

### INTENTIONALITY

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

#### **OPENNESS**

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

### **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

"Be very careful of what you think. Your thoughts run your life."

Proverb



## 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

