

I Practice

A series of short practices to support your daily mindfulness

Workbook



Workbook

This workbook follows the flow of the 6 different themes of Slowing Down, Daily Living, Chores, Nourishment, Self-Compassion, Life, however you are encouraged to move through the themes depending on what you need, in any specific moment.

The journaling questions are designed to prompt your reflection to build awareness relating to your mindfulness practice. The intention is to explore ways of naturally integrating mindfulness into your daily living, instead of viewing a mindfulness practice as something extra to do in a day.

This workbook provides a variety of ways to journal and reflect. We encourage you to explore different aspects of journaling and asking powerful questions throughout your practice streaks.

Are you interested to join our Master Class for 100 Days of Mindfulness Practice and meet your mentors Renee Hodgkinson and Dalida Turkovic? Send us an email on coach@beijingmindfulnessacademy.com with subject line 100 Days of Mindfulness Master Class.

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Reflection Ideas

Dear Me Letter

A 'Dear Me' letter is a letter written to your past self, present self or future self.

Past self: are there moments that you want to remember, don't want to remember, lessons learned, emotions that are still present?

Present self: where are you now in your journey, which relationships are most treasured, what changes would you like to make for yourself?

Future self: where do you see yourself, what advice would you give to your present self, what goals have you achieved, past errors forgiven?

Guiding questions

What is becoming clearer to me is...

I can be more present by...

When triggered by a negative emotion, I can respond ...

I am at my best self when...

I become distracted from my mindfulness practice when...

Art

Draw, scribble, paint, sketch, colour, design... let creativity flow.

Workbook - Reflection Ideas

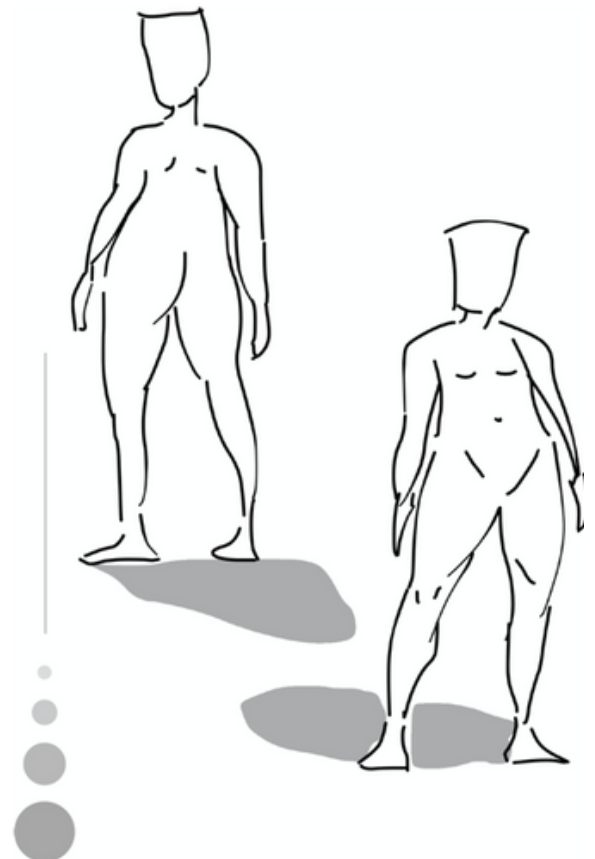
Poetry

Poetry can be a creative way to capture your thoughts, emotions that are wrapped in the moments of life that are sometimes difficult to explain. Poetry is about telling a story, it can rhyme or be a free verse poem, it can be filled with imagery, a moments in time, there's no limit.

Somatic Reflection

Our minds and our bodies are connected. Mindfulness has the power to bring emotions to the surface, and when we realise how they manifest in our bodies, we can have more of a relationship with them. To acknowledge these emotions are present and how to work with them.

Somatic reflection is about identifying where you might be holding stress, where your anger sits, and what part of your body tenses when feeling negative emotions. Use the chart to note sensations in your body through the program. Which part of your body holds stress? What colour or shape does your stress look like?



Asking for Feedback

Insight comes from other individuals we interact with and provides valuable pieces of awareness that can help make us aware of how mindfulness shows up in our daily interactions.

Morning Pages

*Popularized by the creativity manual *The Artist's Way*, this technique means writing three full pages of stream-of-consciousness longhand right after you wake up.*

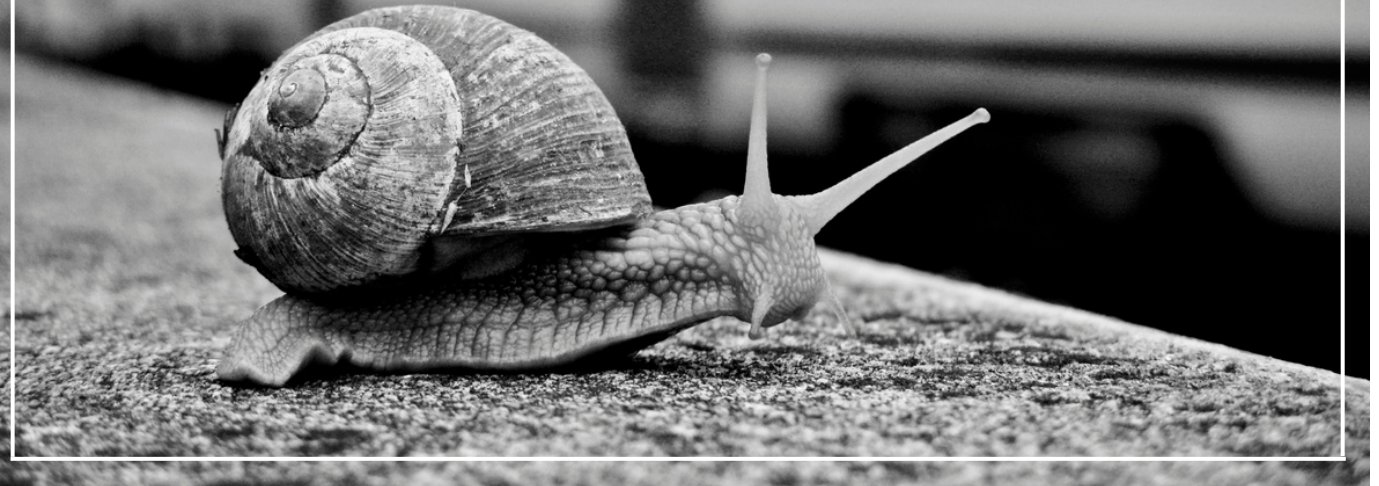
Dream Journal

To explore your subconscious, keep it on your nightstand and jot down a few lines in the morning about whatever you remember.

Write freely for 10 minutes

Write about whatever comes into your head. This kind of "free writing" might initially seem frivolous, but it's an incredible tool to help you gain clarity.

Slowing Down



Are you a slow or fast walker?

Do you take time to finish one task or do you multitask?

Begin this section with the awareness of the rhythm of your life.

Let each practice guide you in slowing down 10% of your usual pace.

Let curiosity be your companion and let gratitude for experiencing awareness be the reward of the experience.

You can take the Five Facets of Mindfulness Questionnaire to monitor the range of your mindfulness practice after 7, 21 or 60 days.

<http://www.awakemind.org/quiz.php>

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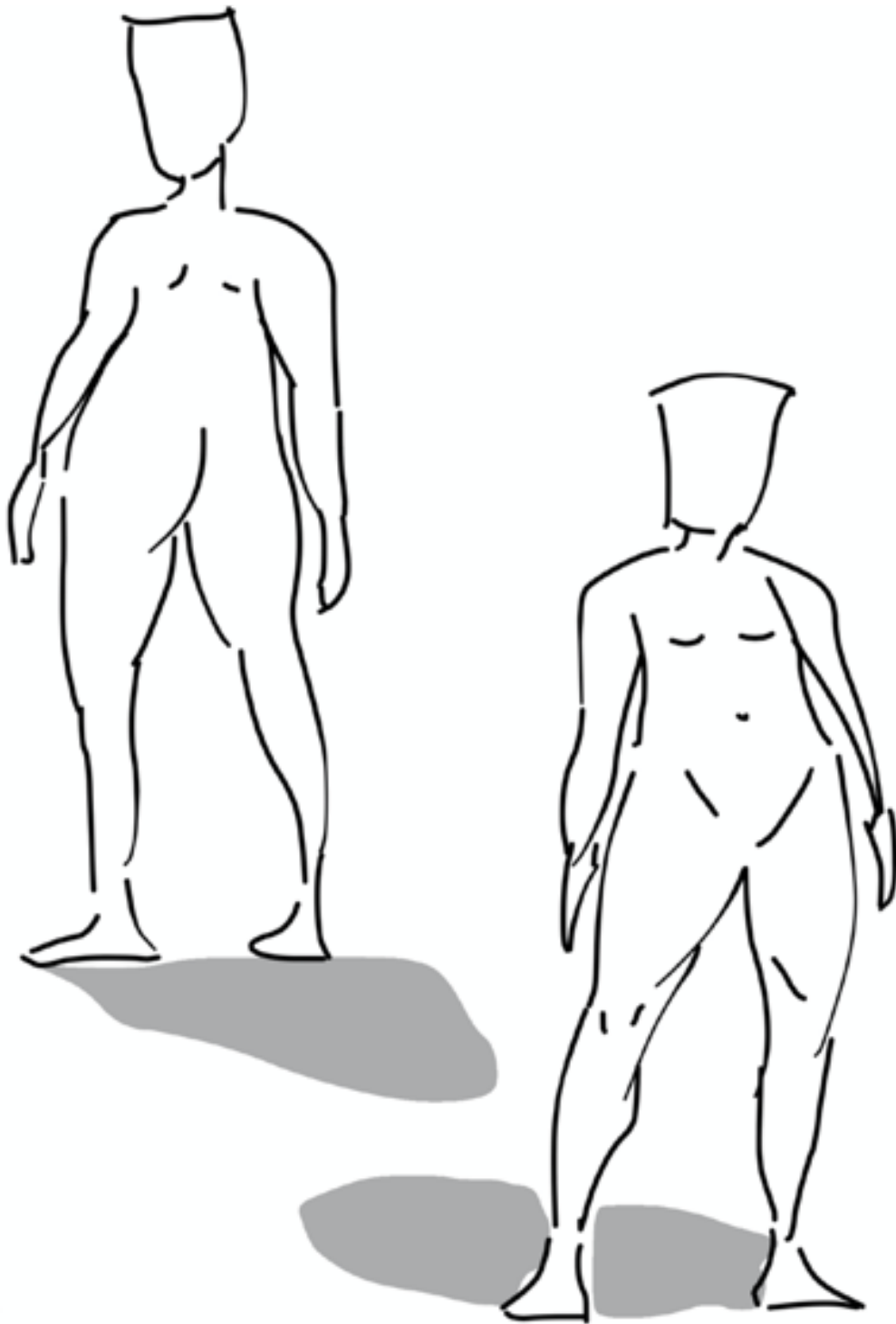
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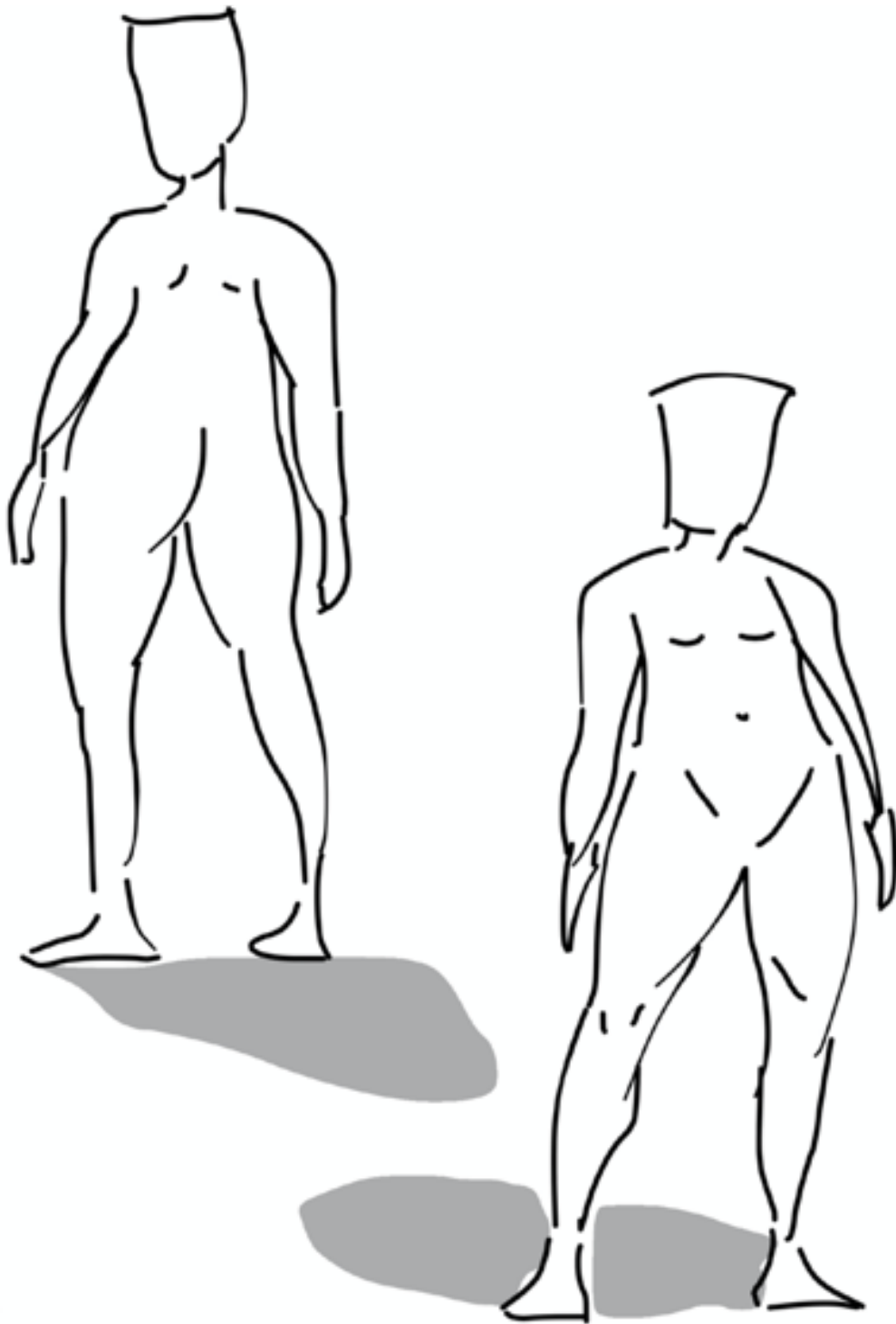
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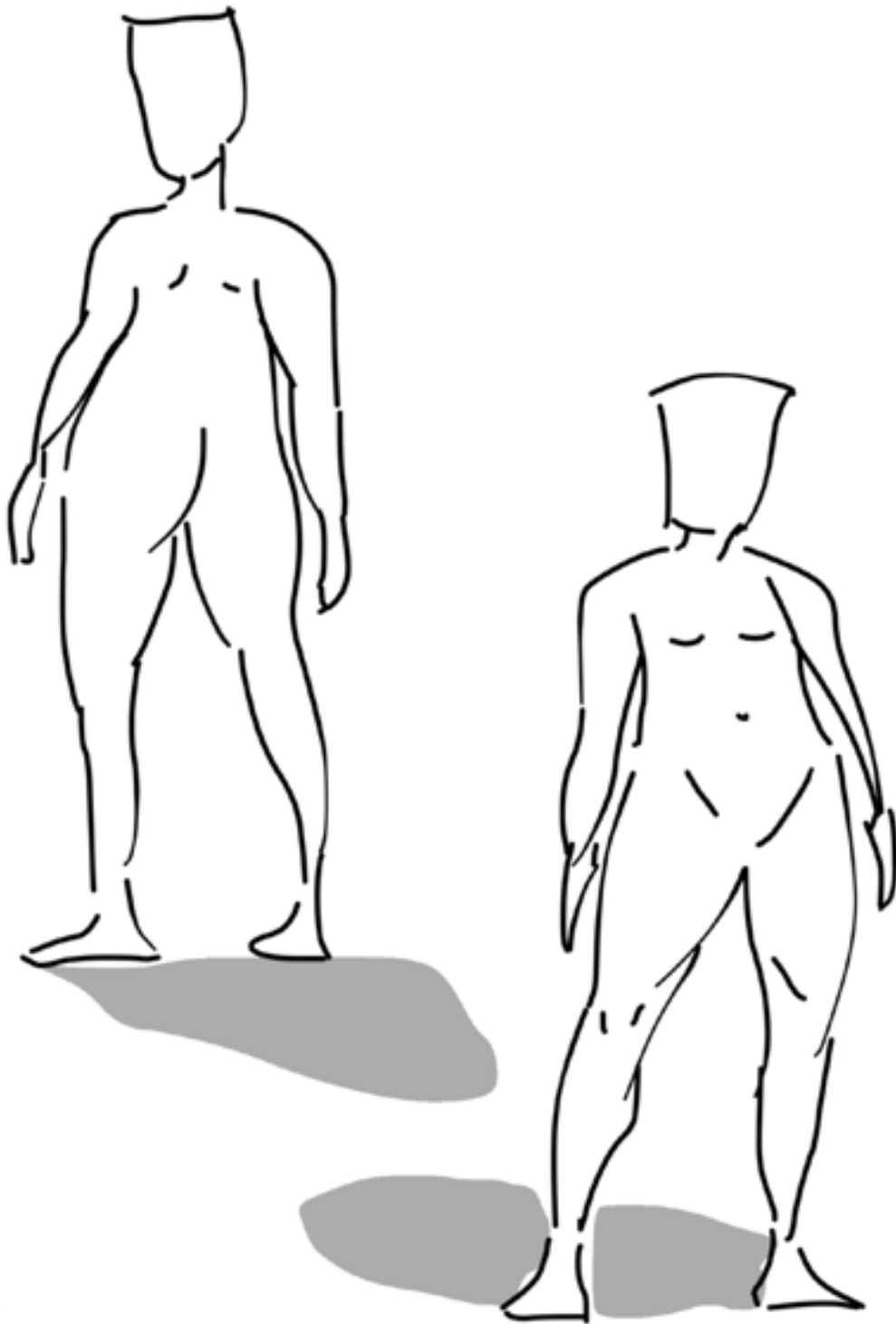
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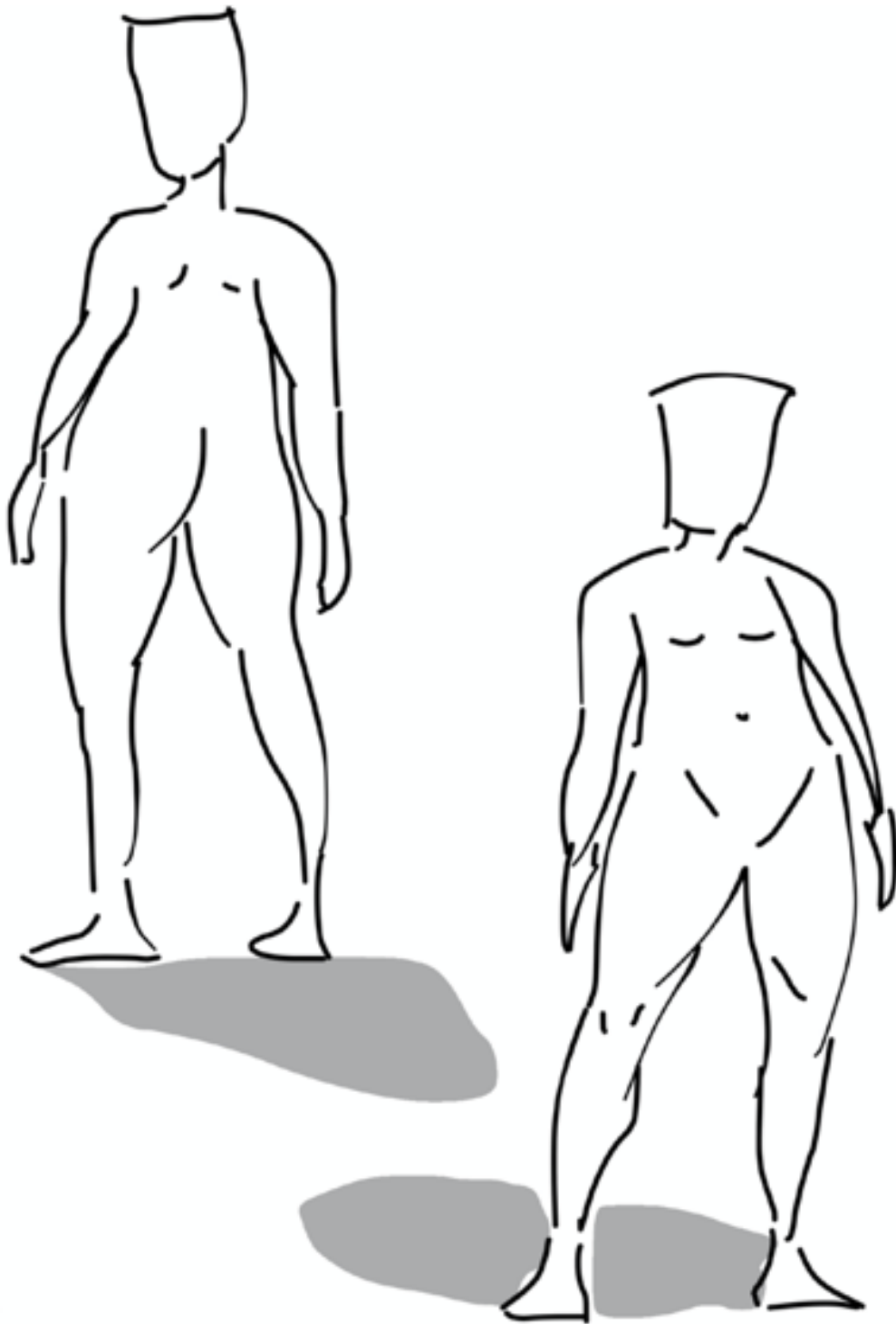
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Daily Living

Every day is an opportunity to bring awareness of the string of moments.

Bring your attention to actions you take repetitively.

Taking a mindful pause in everything we do, especially those activities that tend to activate autopilot mode of thinking.

In this section we develop capacity to witness when autopilot takes over and interrupt that pattern.

Be creative, take elements of practice that we suggest and adjust to your habits.

What changes as you begin to make conscious choices to your daily living?

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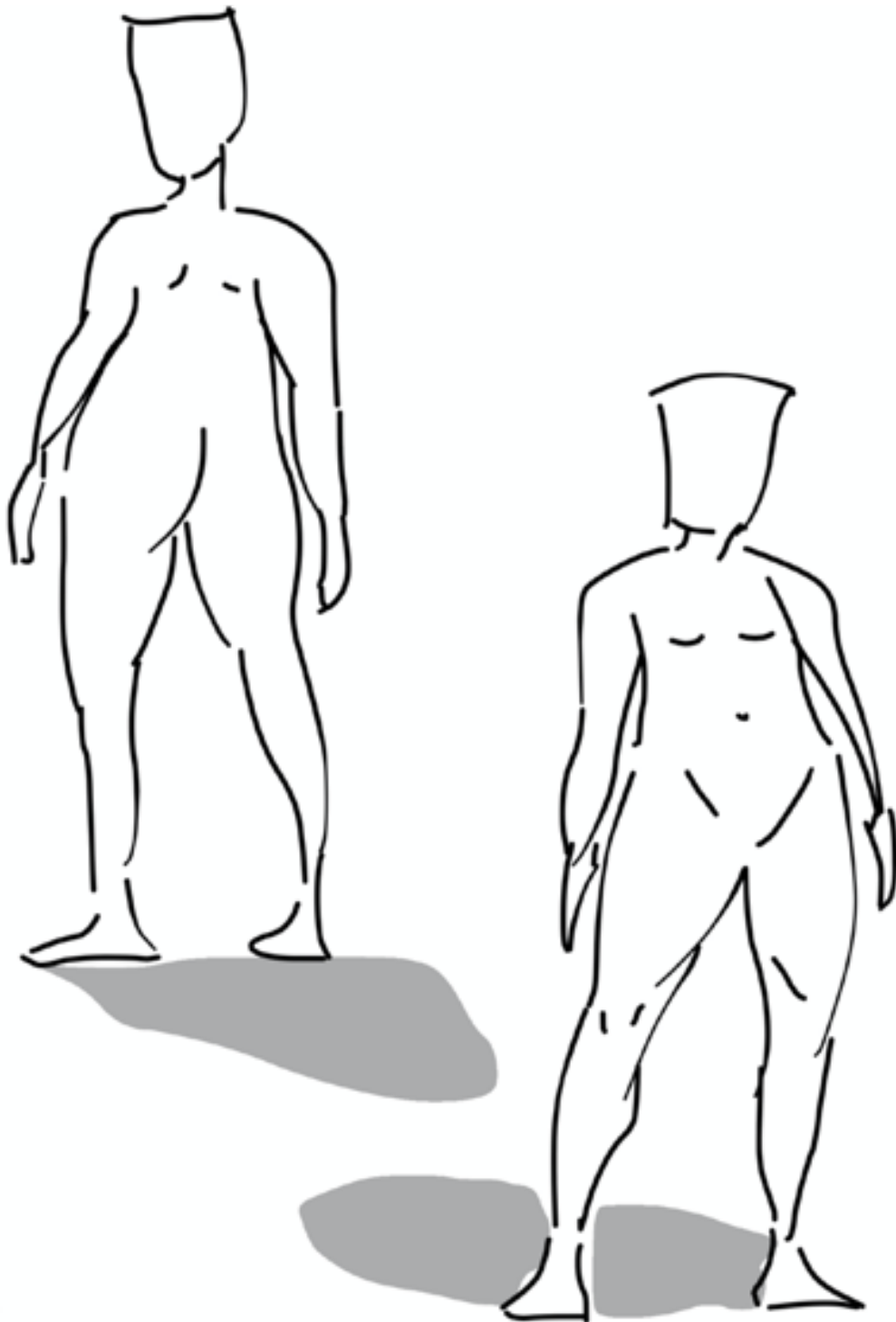
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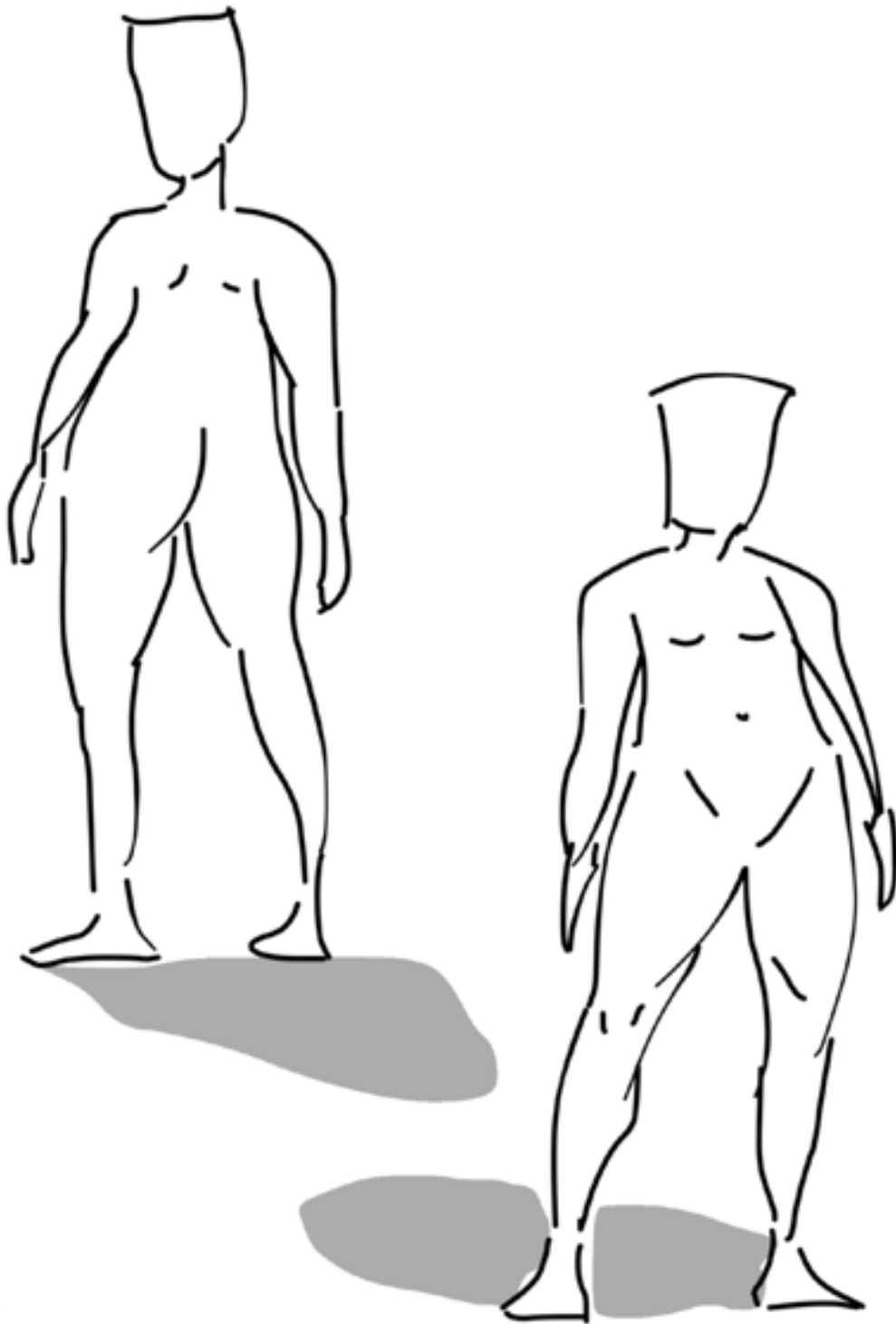
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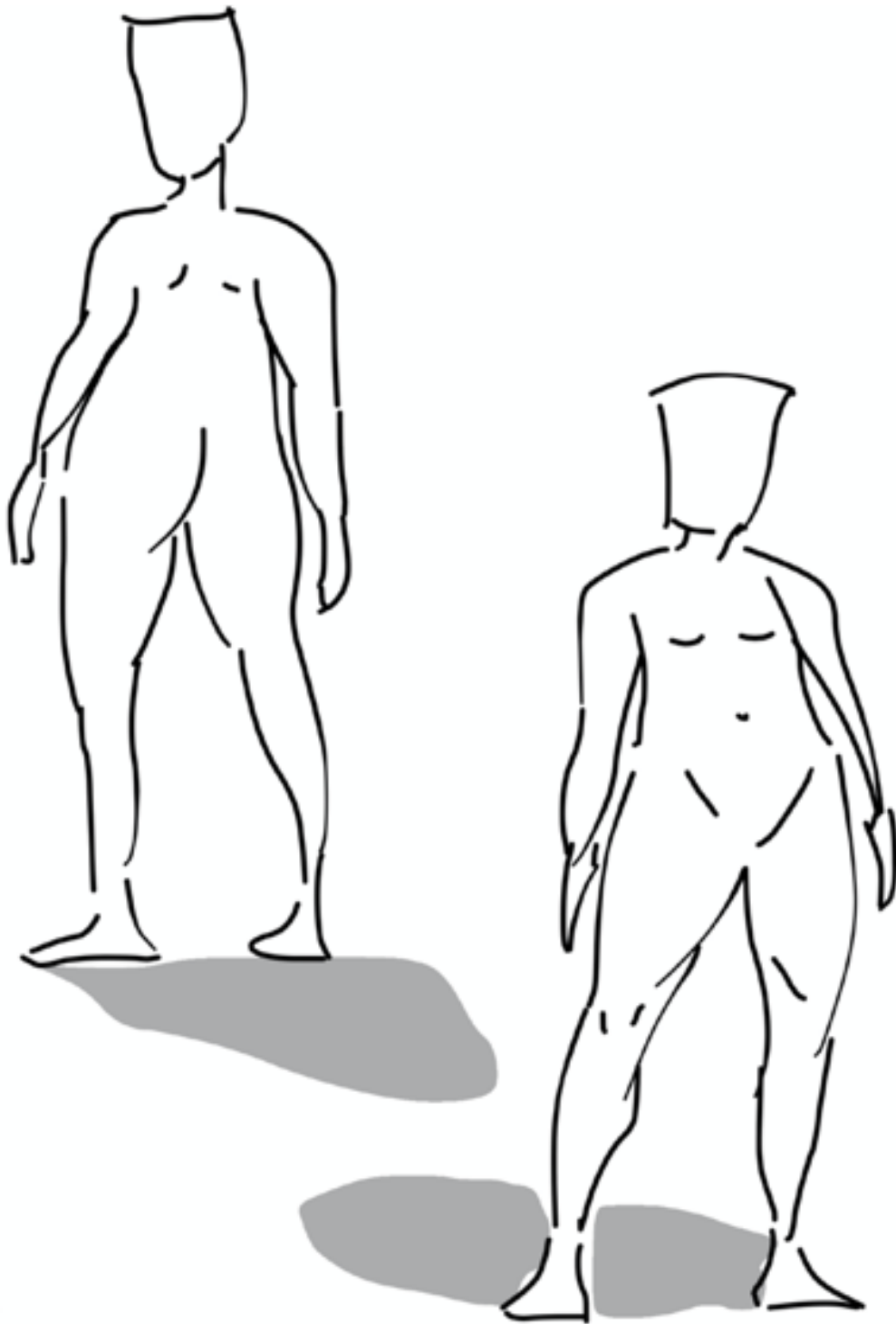
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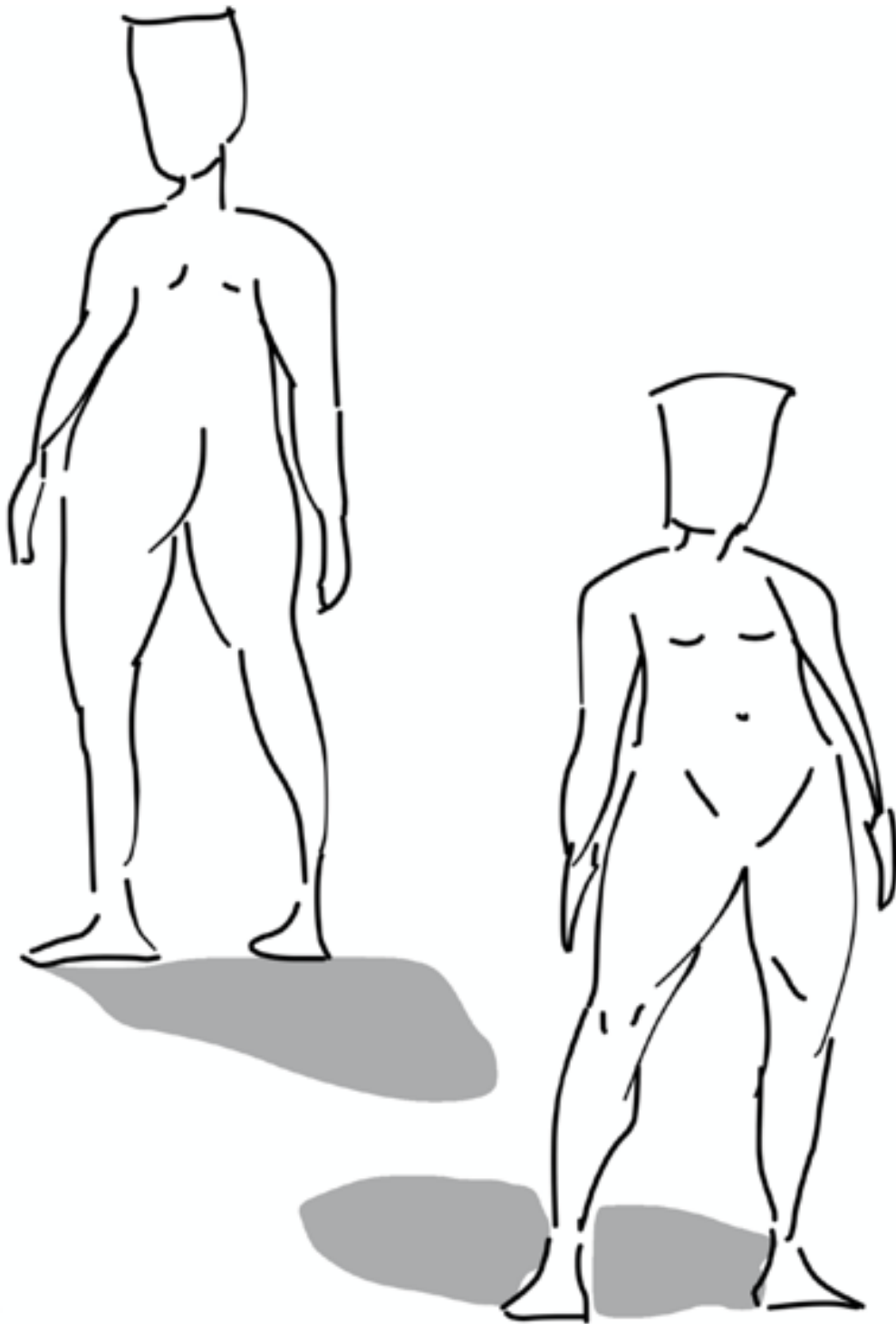
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Nourishment

Managing energy levels through nutrition and exercise is paramount to healthy living.

Once you hack the energy level management code you will hack your life vitality.

Way too often we approach to nourishing activities as if we are on autopilot.

Boredom, lethargy, overthinking and preparing for the next activity make us look like brains on sticks.

The body is treated as a tool that we know we need to care for but our care is empty.

In this section we bring mindful presence to cooking, eating, exercising, dancing and breathing with savouring and gratitude.

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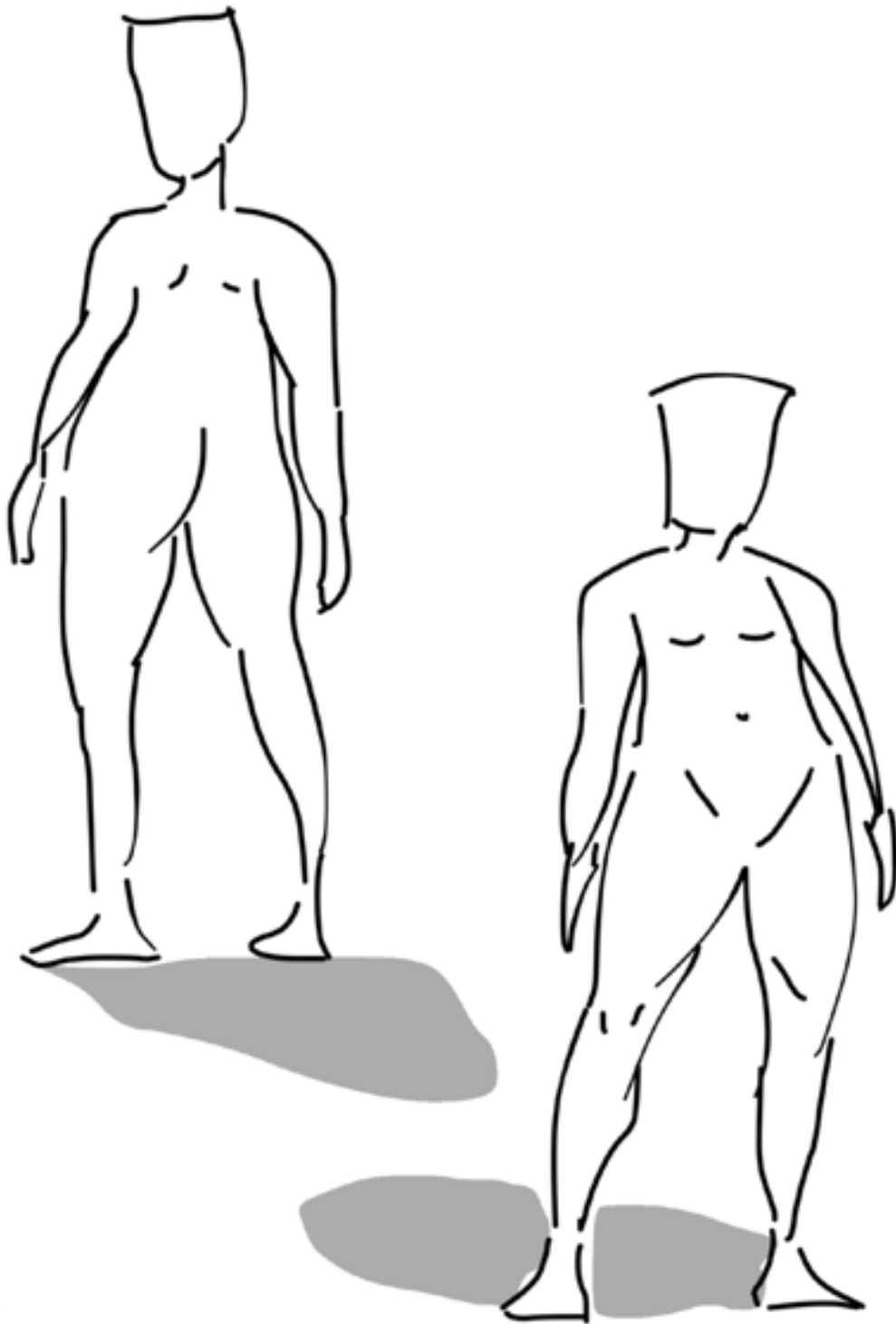
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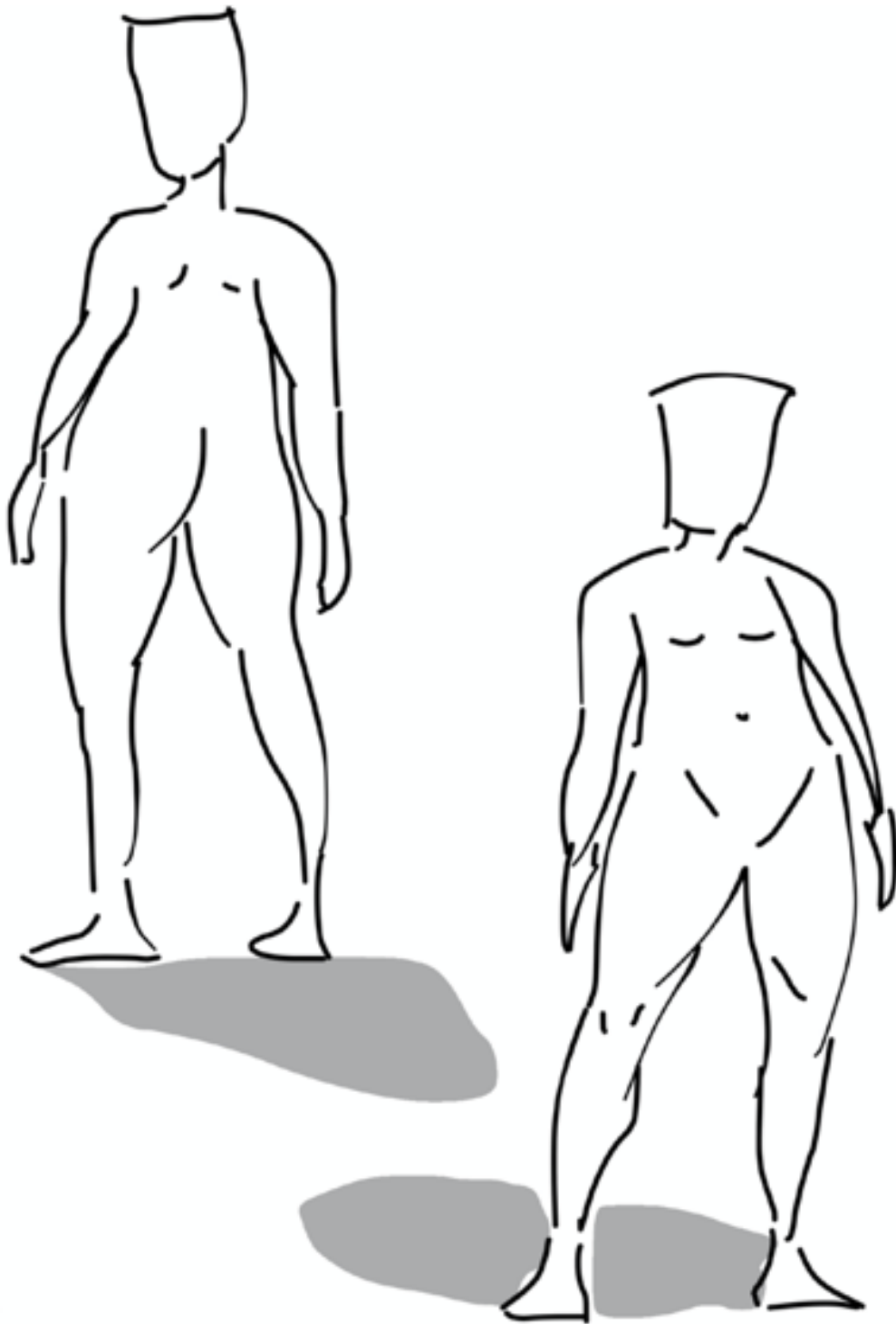
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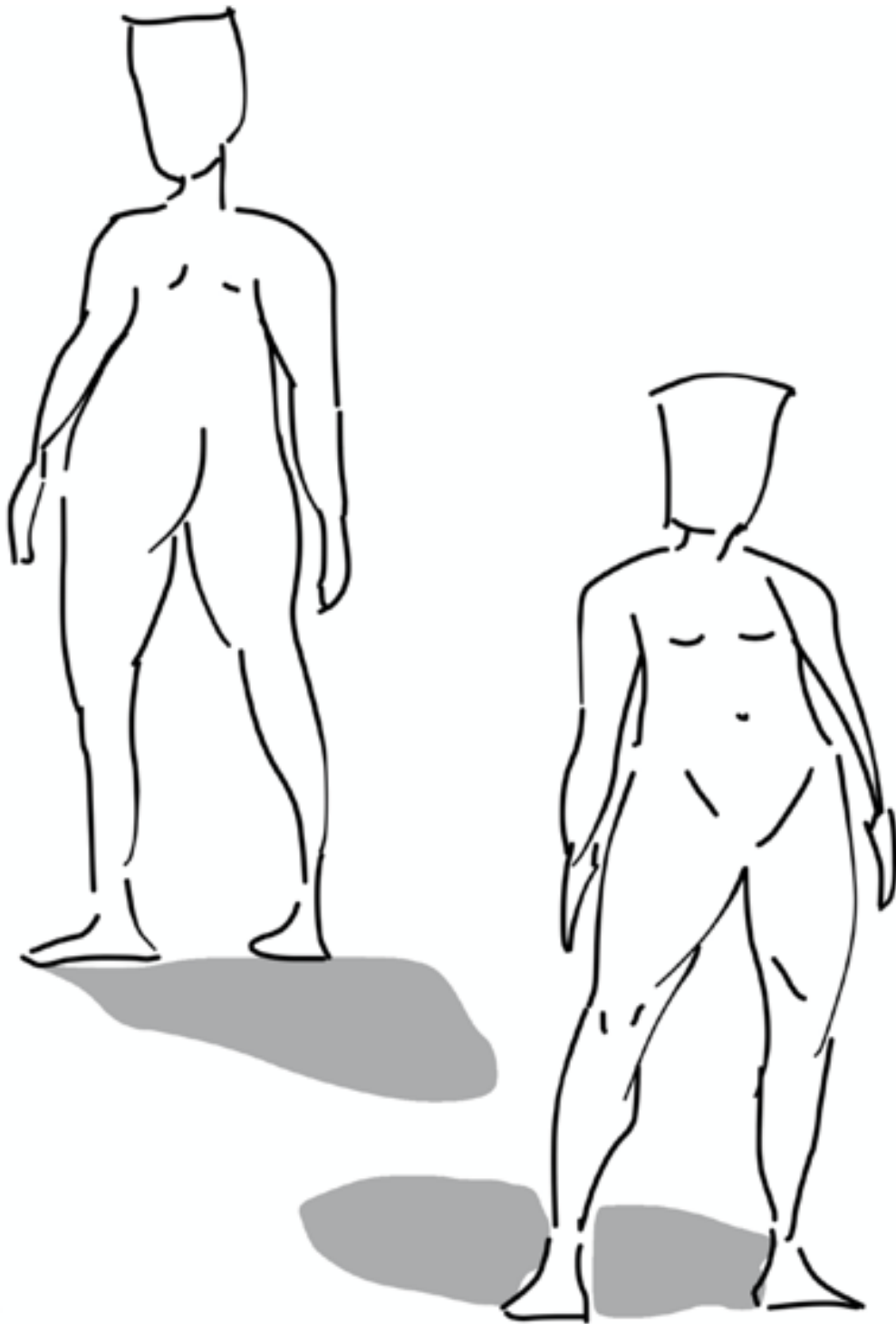
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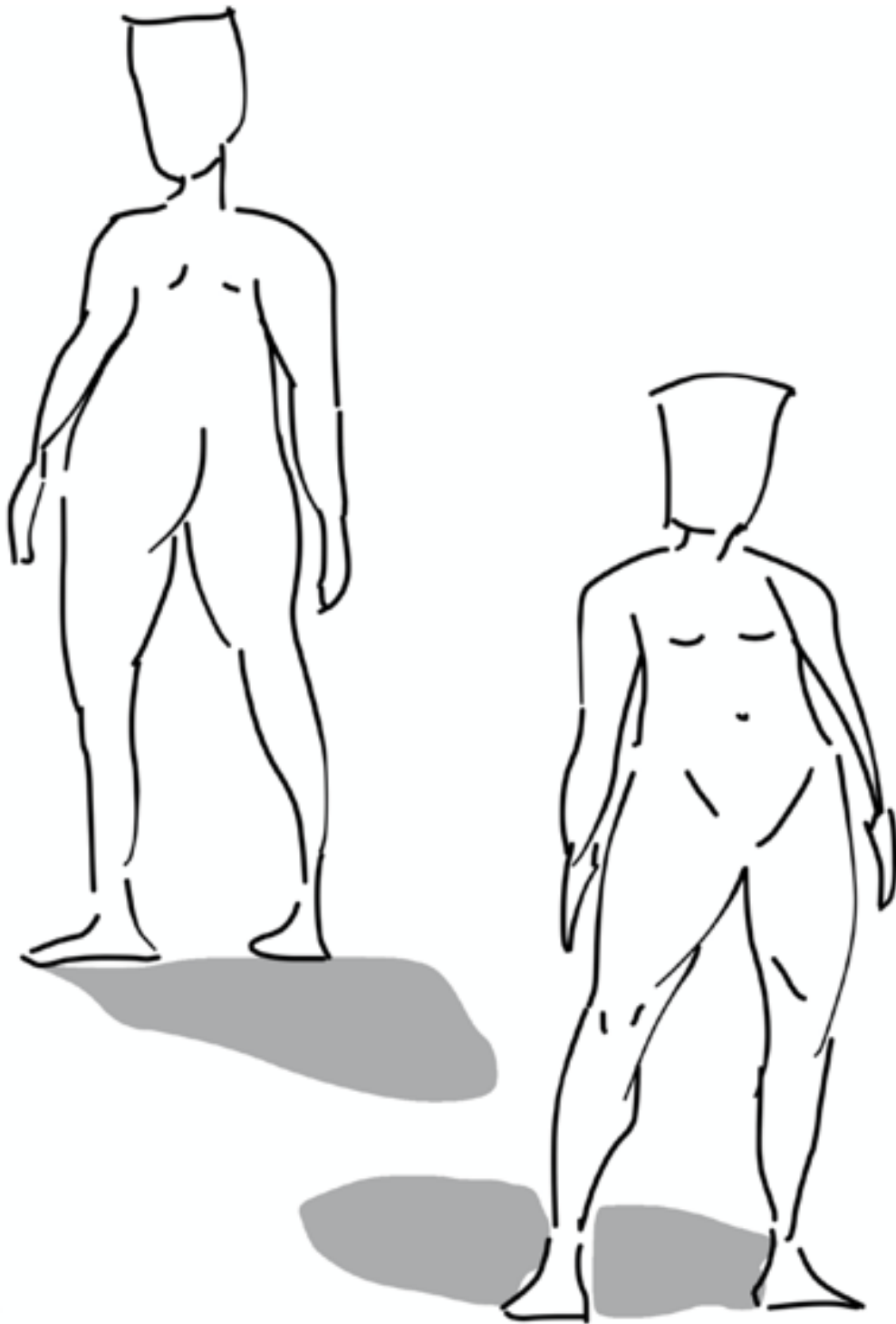
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"Mindfulness clears the windshield of the mind so that we can see things as they really are."

Travis Eliot

Imagine if you could wipe your mind clean every time you notice the dirt? Mindfulness practice brings such sensation when we bring it to doing chores. One of the practices in mindfulness is to repeat a mantra "Garbage in - Garbage out." This is a tech expression that was popular in the early days of computing.

When applied in mindfulness, just imagine your mind as a desktop with the trash bin in one corner and whenever a thought arises imagine cursor moving it into the trash can gently repeating "Garbage in - Garbage out."



“Mindfulness clears the windshield of the mind so that we can see things as they really are.”

Travis Eliot

Mindful chores means to bring playfulness, creativity and presence to your window cleaning, vacuuming or ironing. It is the antidote to boredom and resistance.

How would your chores be like if you brought practices from the Nourishment section in?

Mindful dancing while vacuuming brings a smile to my face.

And yours?

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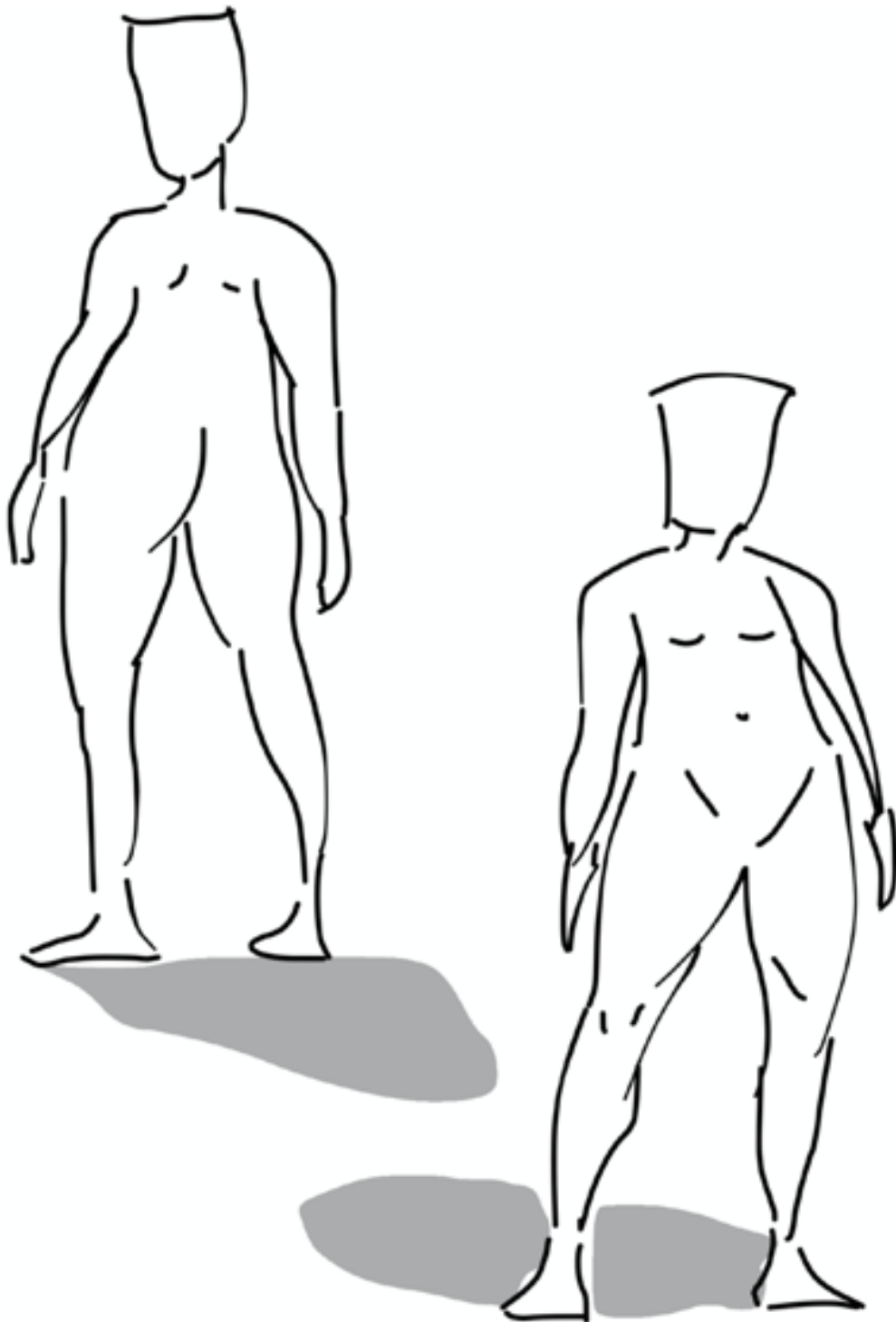
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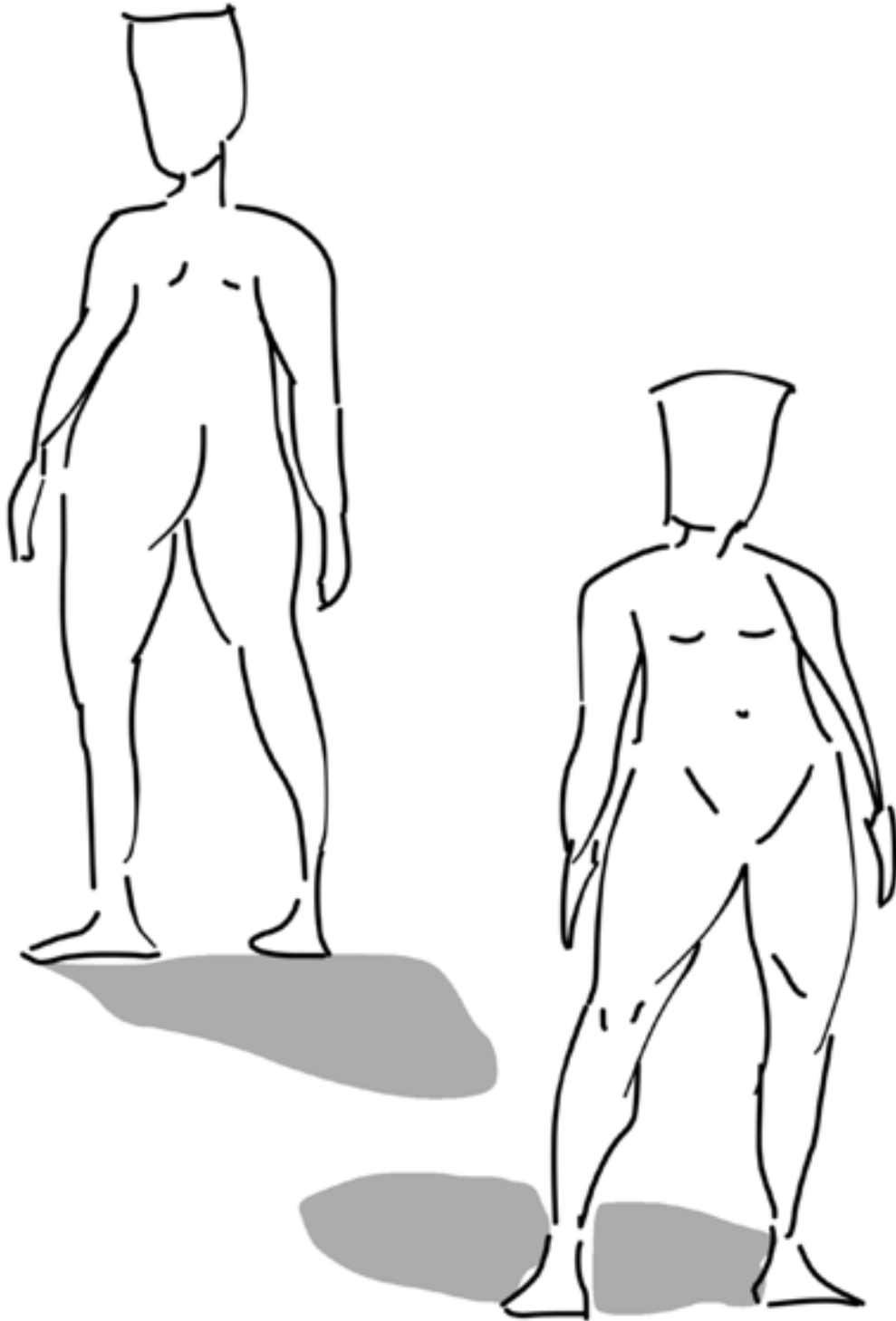
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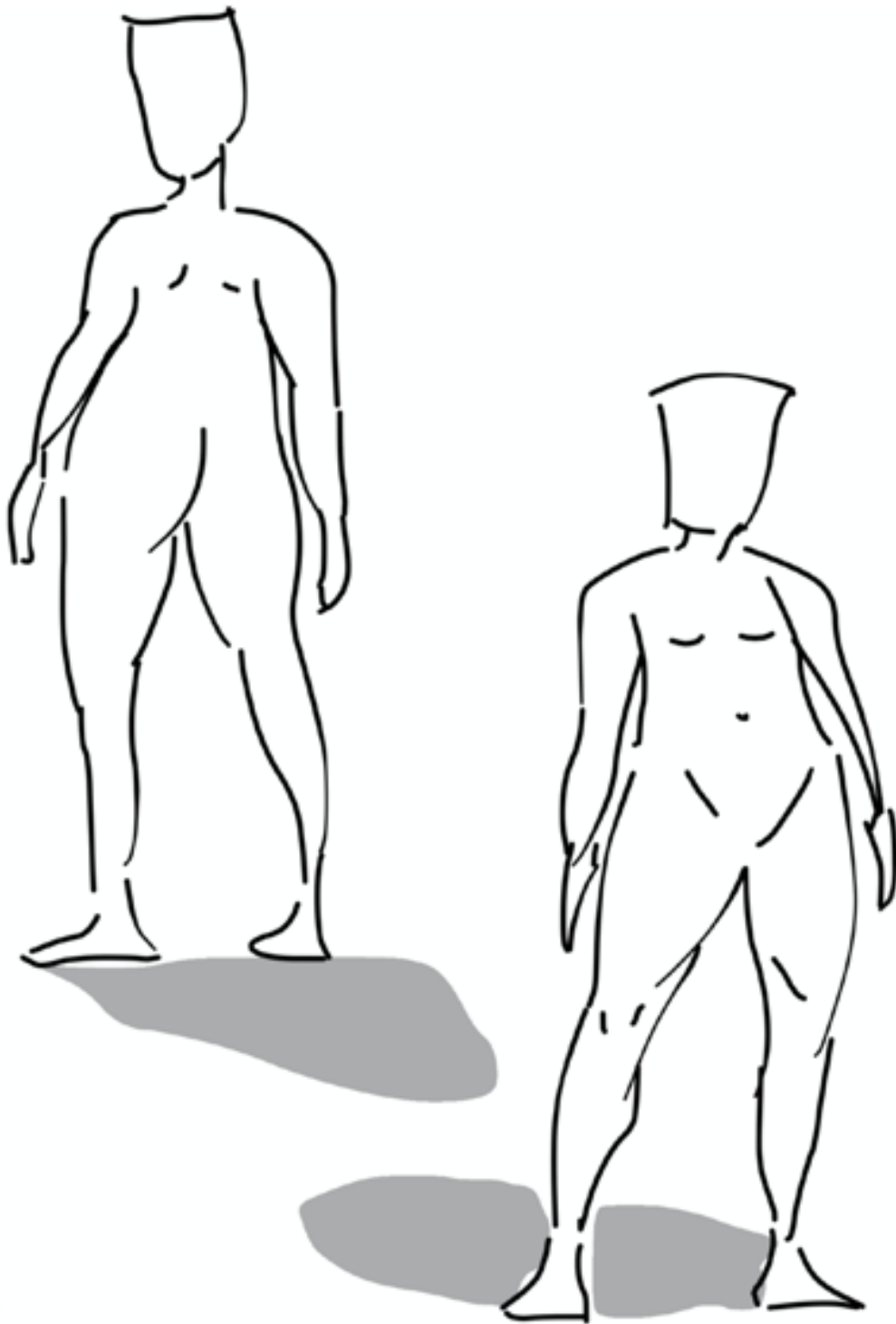
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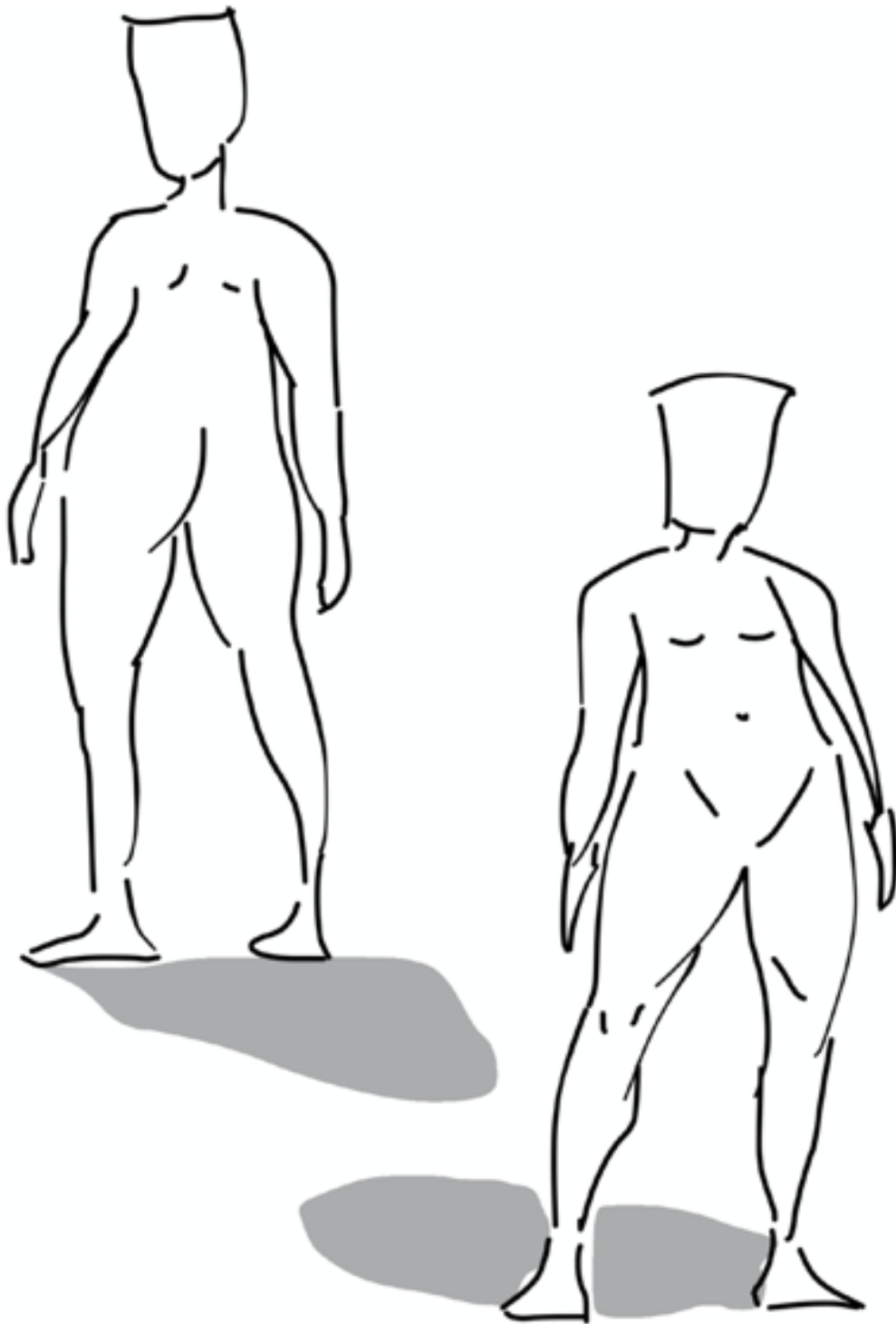
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Self Compassion



Compassion is an integral part of mindfulness practice. It brings embodiment and aliveness, it nourishes our presence with equanimity, belonging and loving-kindness.

The practice of Self-Compassion enables us to reduce rumination, soothe difficult emotions and transform the way we talk to ourselves.

Applying the practice shifts the way we motivate ourselves: instead of self-criticism we develop presence of the Compassionate Self.

Self Compassion



The practice consists of three elements:

Mindfulness of what is present

Common humanity to reduce the sense of separation

Loving-Kindness to shift the way we talk to ourselves

Research about self-compassion is available on the Self-
Compassion website

<https://self-compassion.org/>

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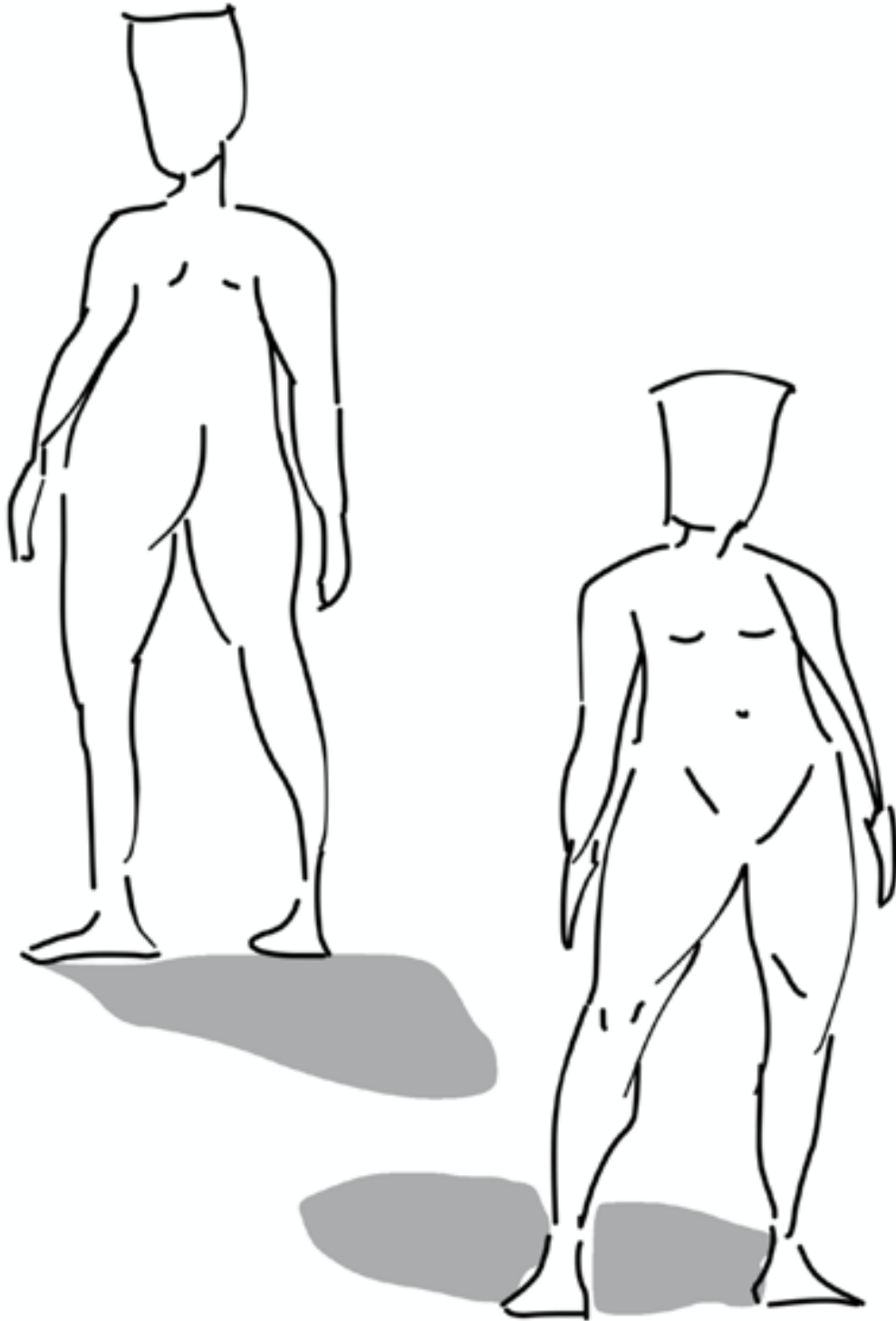
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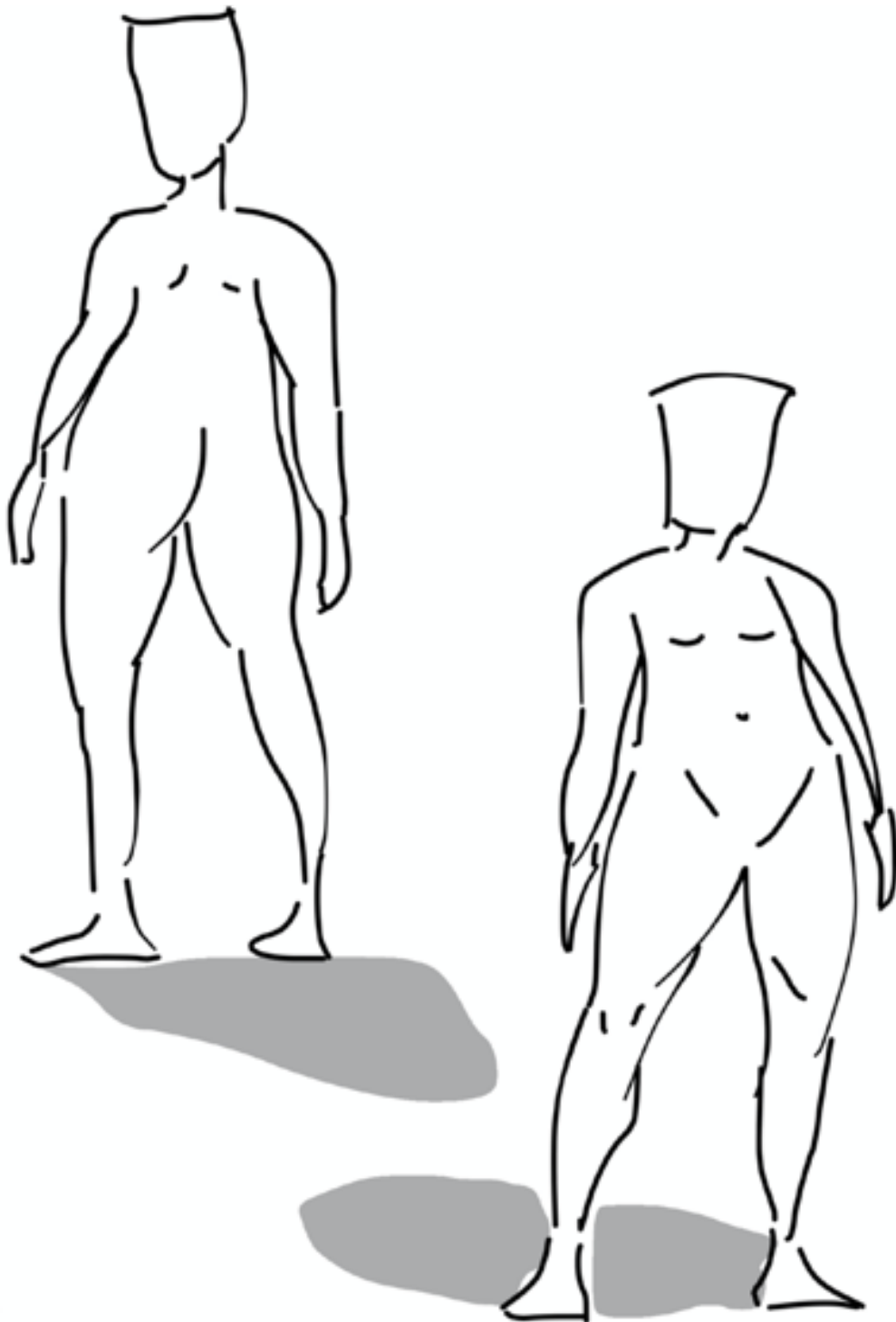
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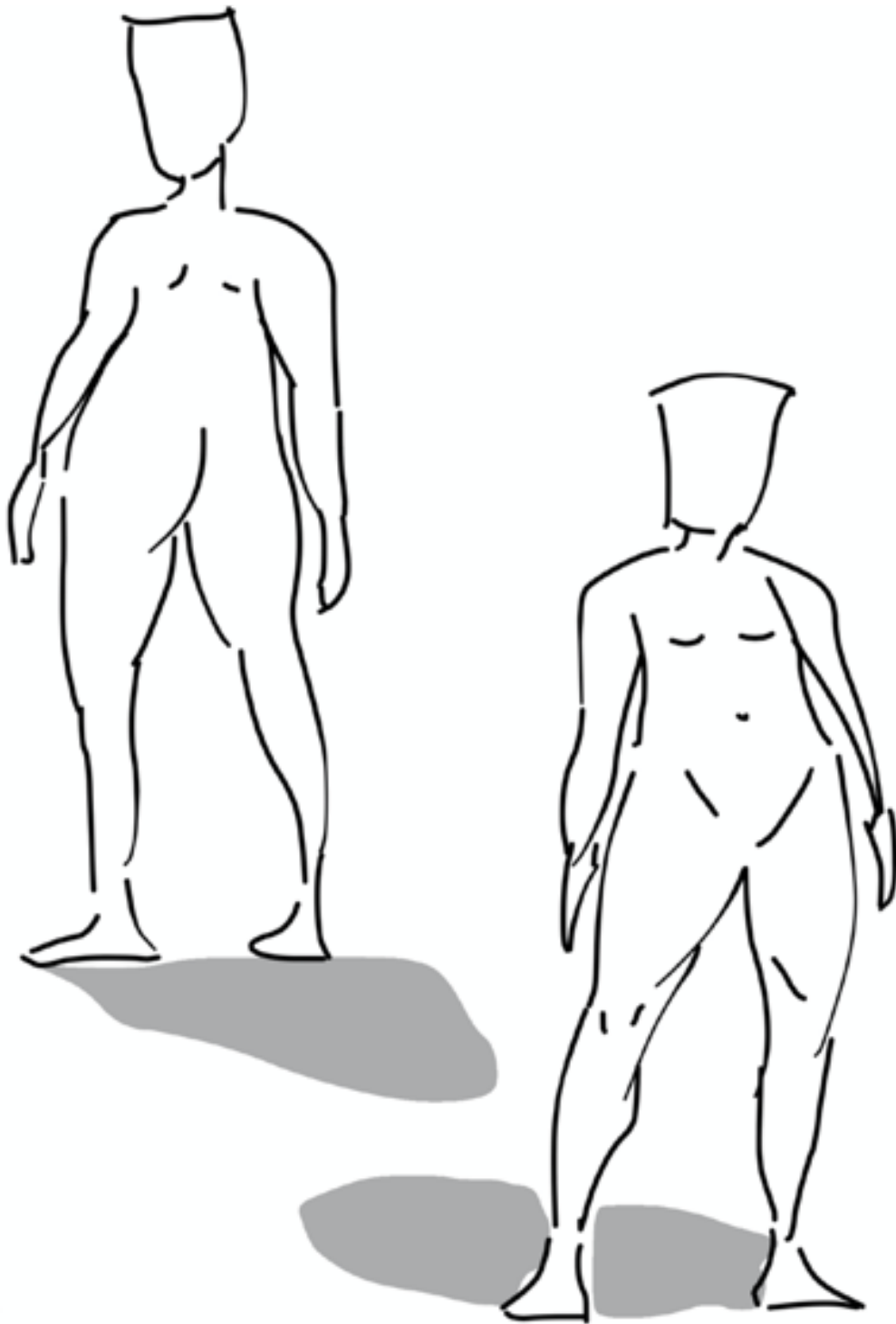
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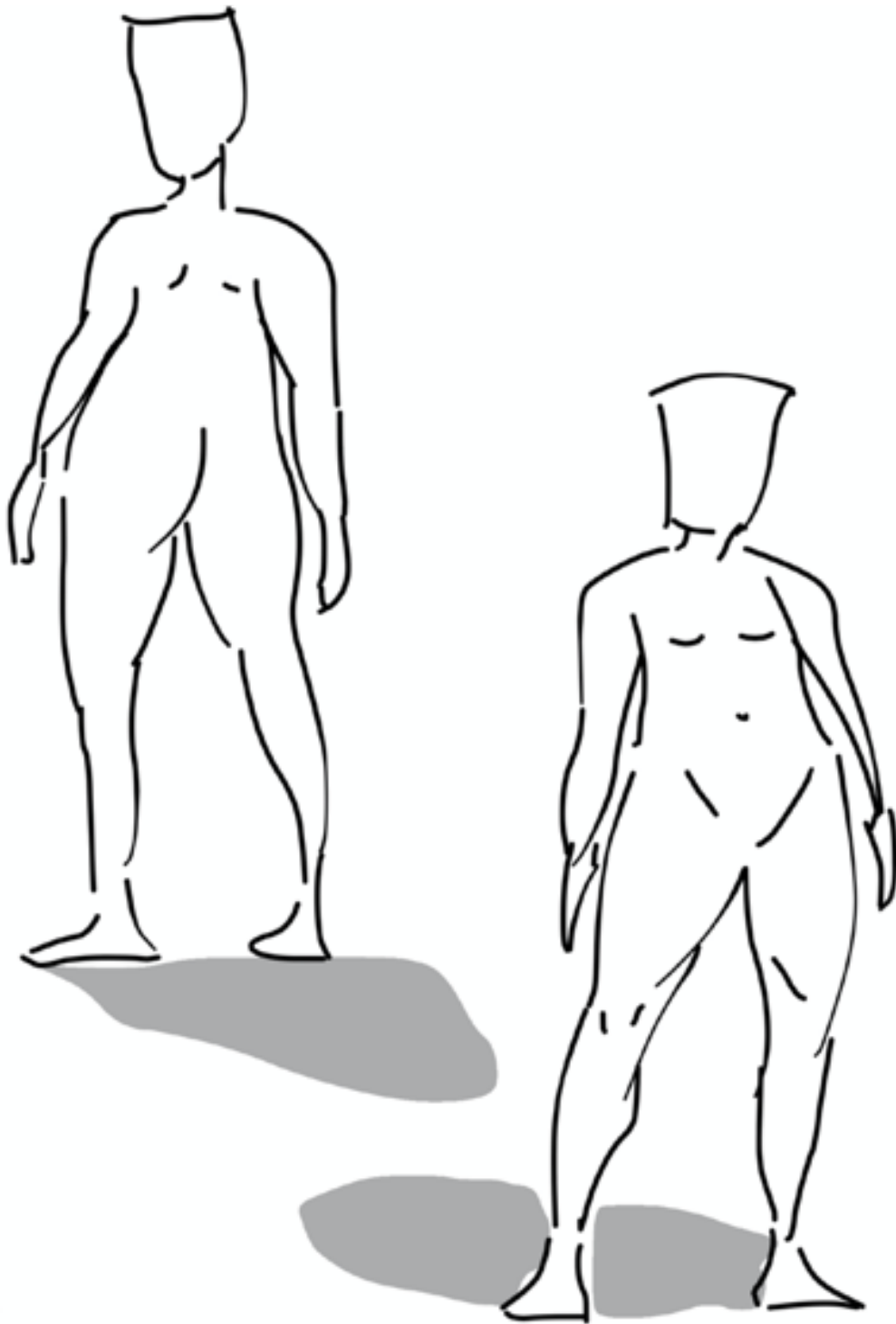
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The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.

Helen Keller

We could deliberate on what exactly goes into this section and still

miss situations we encounter in life.

Change, habits, rituals, decisions, confrontations, relationships, parenting and care-giving are what we perceive as a good start so you can equip yourself to interact with others.

Mindfulness practice can sometimes be experienced as an invitation to embrace solitude but the real effect of the practice will take place only when we interact with others.



The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.

Helen Keller

Community is what keeps the practice possible as we experience a sense of belonging through principles of mindfulness:

The way we think (humility, patience, contentment, delight)

The way we act (kindness, honesty, generosity, right speech)

The way we treat others (respect, forgiveness, gratitude, loyalty)

The way we find meaning (aspiration, principles, service, courage)

(Principles of mindfulness source: The 16 Guidelines for Life:

<https://www.16g.org.il/about>)

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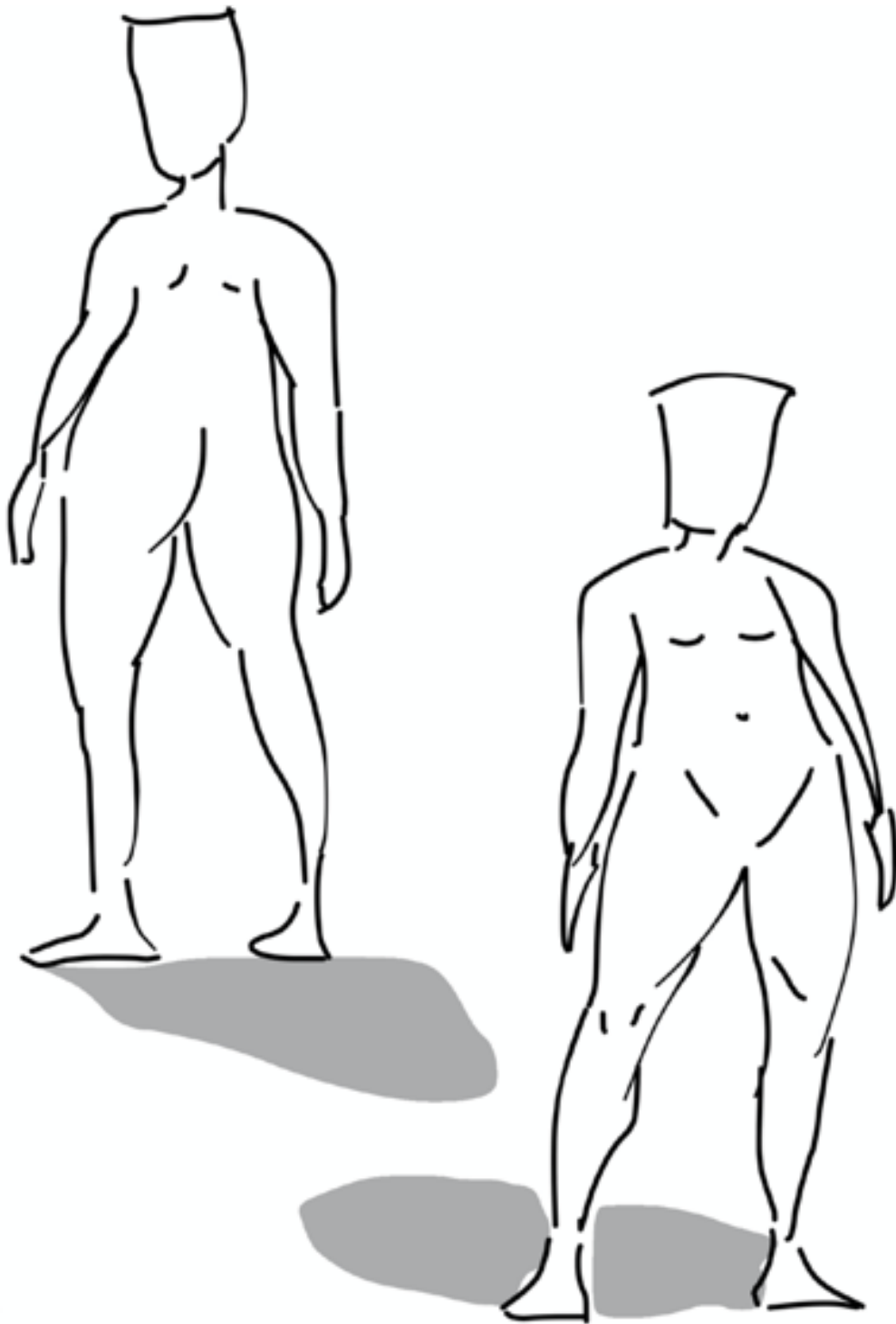
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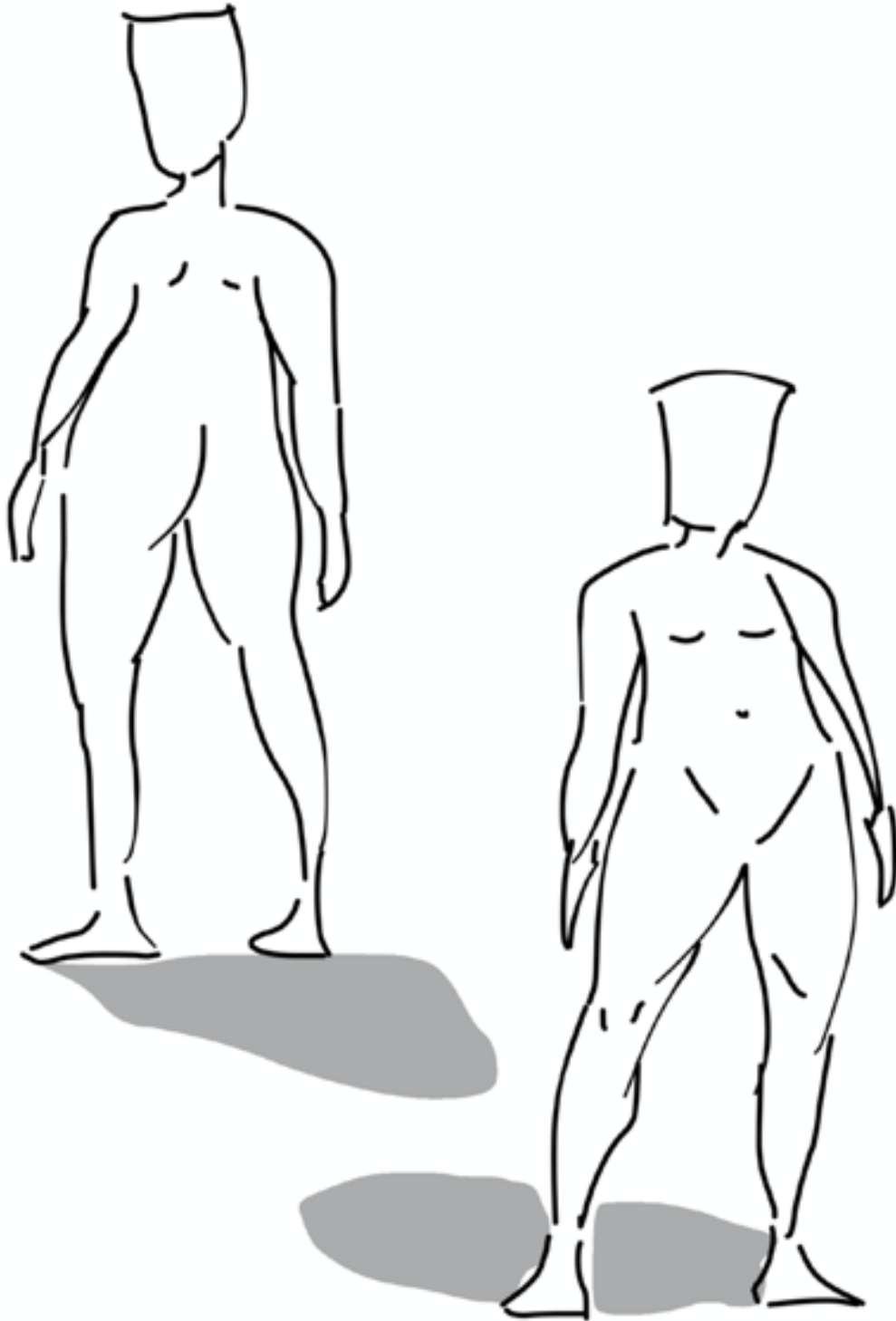
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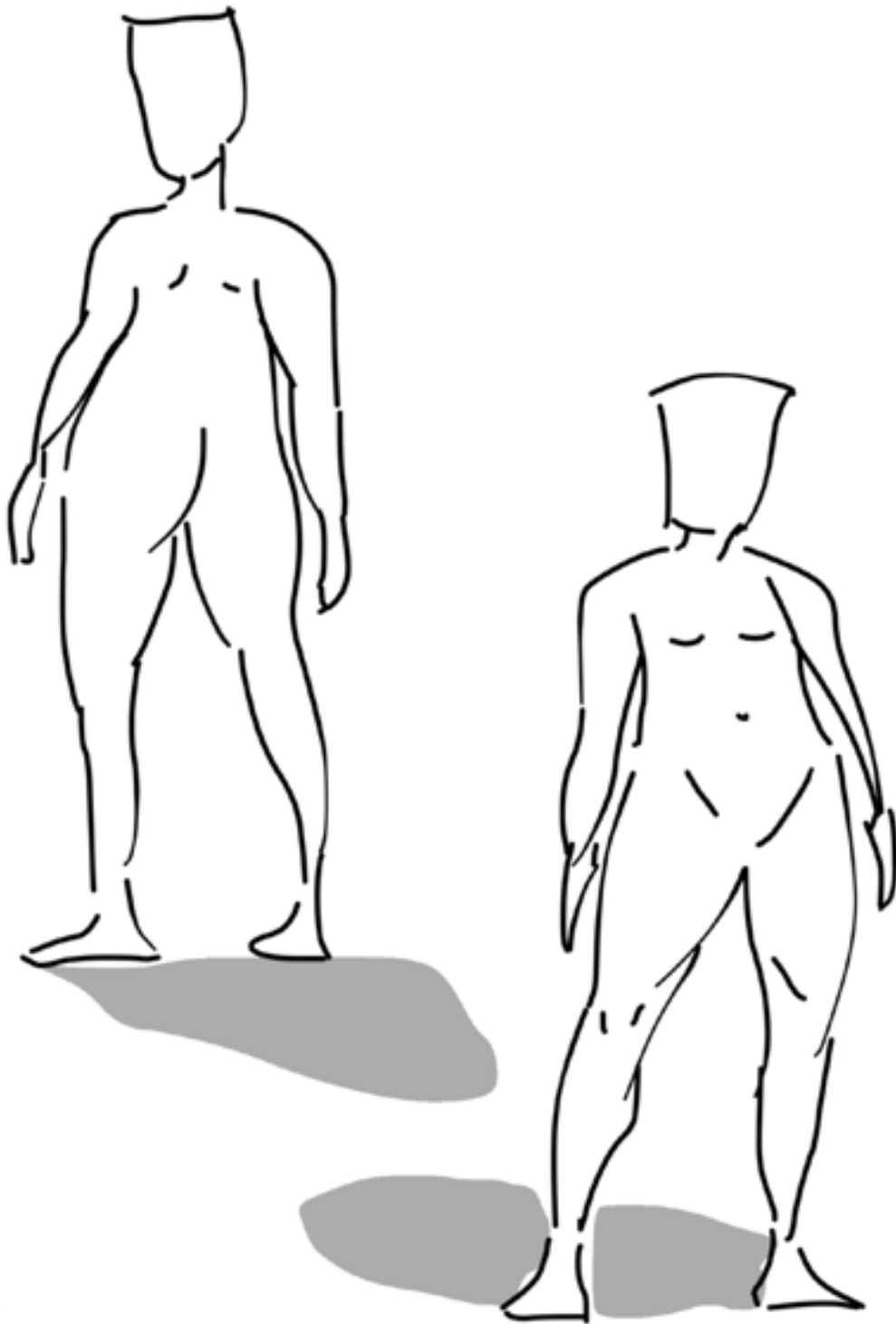
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