



Mindfulness Starter Kit

Helping you live, lead and parent with more ease, joy and impact.



The Basics

Defining Mindfulness + Meditation

We've shared some of our favorite definitions of mindfulness with you here. Some we made up, and others are cited from great thought leaders. It will be interesting to see the definitions you come up with as you deepen your own practice...

Mindfulness is...

The practice of mastering our mind, emotions, and sensations.

The skillful use of attention

The practice of intentionally bringing an increased awareness and acceptance to what is happening in and around you.

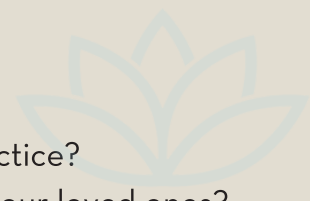
The practice of noticing... without judgement.

Mindfulness is simply the art of conscious living
- Jon Kabat-Zinn

The practice of expanding our internal capacity to be with a wider range of feelings, emotions, and experiences.

A gateway into the full dimensionality of being human.
- Jon Kabat-Zinn

Simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't)."
- James Baraz



START WITH WHY?

Why is it important for you to start a mindfulness practice?
How will this practice benefit you? your family? and your loved ones?

TIP: If and when you get off track, come back to this WHY as a reminder for why you started this in the first place. Stay motivated by remembering this why.

WHAT?

What will you do?
(E.g. Guided meditations, breathing techniques, walking meditation etc)

TIP: Use a primer to remind you to be mindful (e.g. Set a reminder in your phone. Block out the time on your calendar etc)

WHERE?

Where will you practice? (e.g. In bed, in the closet, in the bathroom / shower, in the car before you walk into the office)

TIP: Use a primer to remind you to be mindful (e.g. Set a reminder in your phone. Block out the time on your calendar etc)