

MONTHLY MINDSET CHALLENGE

Basic Mindfulness Practice

WEEK 1

Mind Your Meaning-Making

This week, when you feel an emotion - especially negative - pay attention to your thoughts about the situation and notice the meaning you are making. Ask yourself, "What could be 3-5 other meanings I could make?" Actually, make a list of at least 3 other interpretations. This will help you develop mental flexibility. (An NLP Meta-Model Question)

WEEK 2

Mind Your Peace of Mind

This week, really think about whether it is worth YOU losing your peace over a thought. Adding on from last week, noticing the meaning you are making, ask yourself, "Do I have a peaceful reason to keep that thought?". You'll likely find that you don't, so you could choose to let that go. (A Byron Katie question from 'The Work')

WEEK 3

Mind WHO Are

This week, wonder about WHO you can be. Building on from week 1 & 2, each time you notice a feeling and uncover the thought, then challenge the thought, ask yourself, "WHO would I be without that thought?". Really think about this - not HOW would you be, but WHO are you really? (A Byron Katie question from 'The Work')

WEEK 4

Mind A Loving Lens

By now, you should have increased your mindfulness, AND maybe you have noticed how questions shift your mindset by drawing your attention towards the question. This week, now you have considered 'Who you might be', as you meet any challenge, let yourself ask, "What would love have me do?" (A favorite mindset filter of mine, debMaes)