



Partners in Mindful Living

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7 DAYS (& More) OF MINDFULNESS

***You can't know
what you don't know
before you know it,
so give yourself a break.***

Idea: Think of something that you've said to yourself a million times that starts with 'I should have....', or 'he/she/it should have....', something that every time you think about it you take a proverbial stick and beat yourself up for what you call your or someone else's 'stupidity'.

Run the situation through the logic behind this card. Ask yourself if you're ready to look at it differently.

***Ask for what you want;
Sometimes it's that simple.***

Idea: Notice the next time you hear yourself wishing someone would read your mind and give you what you want. Instead of wishing, or assuming they know what you want, ask.

And then drop your attachment to whether or not they give it to you.

You both want to be able to say no. No doesn't mean you're not loved. No means someone is not going to fulfill your want. When you respect someone's no, you free yourself to find the person who will gladly give you what you want, or you will figure out that maybe you don't want it as much as you thought you did. The coolest outcome of getting good at accepting someone else's no's is that you will likely get better at saying no yourself!

***When you feel afraid
try bringing curiosity into
the mix and see if it becomes
a different experience.***

Idea: Start small with this one. Start with something you just feel a bit of resistance toward. The next time you have an itch, if you don't scratch it, see how long it lasts before it goes away or you forget about it. Lean into it, really notice how it feels not to scratch an itch.

Once you've mastered that, try leaning into a headache or a feeling of discomfort anywhere in your body. Gently place your attention on the discomfort and relax your body, especially the space around the discomfort. Explore the discomfort by referring to it as a sensation rather than 'pain', and see what, if anything, you discover. The sky's the limit with this one!

***There is a profound difference
between placing blame and
taking responsibility.
Blame = shame.
Responsibility = action.***

Idea: Take your time. Make a list of any grudges you're holding against yourself or someone else. Go as far back as you can. When you have your list, go through it grudge by grudge. One by one ask yourself if you want to keep it. If you do, move on to the next one. Identify any grudges that you decide it's time to let go of.

Then for each one come up with one small action step (something you will say, do, or feel) that will represent a movement away from the grudge and toward dropping the burden of continuing to carry it, maybe even years after 'it' happened.

***Do you have a story about
yourself you'd like to change?
Instead of lying in the bed you
made, make it over!***

Idea: Do a 'brain dump' of every single thing you want or wish you had. Everything—no editing or shaming or rationalizing yourself out of it with logic. Just get them all on paper.

Once you've got the entire list, then and only then can you bring logic in. Go over what you've written and cross out the things that are likely not going to happen for you in this lifetime – like a trip to mars or being a brain surgeon if you have no hands. Now go through what you've written and prioritize them by the intensity of your want. When you've done that, pick one and investigate what it would take to satisfy that want. See where that takes you.

***There's a world of people
just waiting to support you.
Are you ready to let them in?***

Idea: Make a list of things you've been putting off because you need help. Rank them in the order of immediate need toward the top and it would be nice down the road toward the bottom.

Make a list of five people who might be willing to help you. Ask them, one by one, for their help. If all five give you a no, give it some time and pick another want. Ask again. (In the interim you might do something for them – never hurts to grease the wheels.)

***Thoughts are just a bunch
of words strung together;
the only meaning they have
is the meaning you give them.***

Idea: Pay attention to your conversation. Notice when you offer an opinion or throw out a belief. Then ask yourself if you've turned it into a fact when in reality it's simply an idea that you hold that you've given some meaning to. Pay attention to how intensely you hold onto some of your opinions and beliefs, and tease out whether or not you're treating them like facts rather than simply your idea or interpretation about the meaning of something.

**Pause,
Breathe,
Notice your story,
Soften your body.**

Idea: Bonus card - consider making it your mantra.