



An Introduction
To Mindful
Living

*My
Zendays*

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WELCOME!

Welcome to your personal journey into the heart of the present moment! This workbook is more than just a collection of pages; it's a passport to presence, a tool for tuning in to the now. As you embark on the 6-week "Introduction to Mindful Living" course, this workbook will be your companion, your diary, and your guide. It's here to provide structure, provoke thought, and invite your unique insights and reflections.

Here's a sneak peek of our weekly journey together:

- Week 1: "Unveiling Mindfulness" - We'll peel back the layers of what mindfulness really means and wake up to the beauty of now.
- Week 2: "Transforming Self-Talk" - Get ready to flip the script on the inner chatter and make your mind's voice your biggest cheerleader.
- Week 3: "Cultivating Positivity" - We'll plant seeds of joy and water them with gratitude, growing a garden of happiness in the present.
- Week 4: "The Power of the Pause" - Discover the strength in stillness, and find clarity in the spaces between.
- Week 5: "Navigating the Seas of Emotions" - Set sail on the waves of your feelings, steering with understanding and grace.
- Week 6: "Joy in Action" - Savor the sublime in the simple, and find pleasure in motion with mindful eating and movement.

Your Workbook Journey:

- Carve out a special time for this workbook, making it a cherished part of your mindfulness journey.
- Be raw and real in your reflections; this space is all about authenticity, no judgments.
- Forget right or wrong; there's only what's genuine for you.
- Circle back to earlier thoughts as you move forward, and witness your own evolution.

So, get comfy, grab a pen, and let's dive deep into consciousness, challenge what's been, and open our hearts and minds to the joy of mindful living!

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A PERSONAL NOTE

Dear Mindful Explorer,

I'm thrilled that you've chosen to embark on this transformative journey of mindfulness with us. From the moment you begin this course, you open a new chapter of immense self-discovery, peace, and joy. Mindfulness is more than a practice; it's a way of life, a gentle, guiding light that can lead you to more profound satisfaction and happiness.

Throughout this 6-week course, "An Introduction to Mindful Living," you'll learn invaluable tools to quiet the noise of the outside world, tune into your inner voice, and truly understand the serenity that comes from living in the present moment. This isn't just about reducing stress or anxiety; it's about reclaiming your life, cherishing your relationships, and engaging with the world in a more meaningful way.

Here are just a few benefits you can look forward to experiencing:

- Greater peace and relaxation in your daily life.
- Improved concentration and clarity in your thoughts.
- Enhanced understanding and empathy toward yourself and others.
- Joy and gratitude for the simple things in life.
- Resilience in the face of life's ups and downs.

Every step of this journey is a step toward a more fulfilled you. And remember, there's no right or wrong way to do this; there's only your way. Your experience is unique, and this workbook is a sacred space for you to reflect and grow. Thank you for letting me be a part of your journey toward mindfulness. I'm here with you, cheering you on every step of the way!

With warmth and gratitude,
Nicky

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WEEK 1

Unveiling Mindfulness

In Week 1, we explore what mindfulness truly means and how staying present can transform our perception of life.

- ✓ Mindfulness is a simple and powerful PRACTICE of training our attention on the present moment, in a non-judgemental way
 - ✓ It's the OPPOSITE of living on autopilot, simply “going through the motions”
 - ✓ It helps us to avoid obsessing about the future and rehashing / reliving the past

There are two truths we need to accept to help us live a more mindful life:

1. The past is gone — we can't change things that have already happened, no matter how many times we relive or rehash them. If we spend too much time thinking about the past, we will miss what's happening now.
2. We cannot control the future — whilst we can strive to build and create our future, none of us can control it so we need to stop wasting our precious time and energy worrying and playing the “what if” game.

Practicing Mindfulness helps us to:

- Alleviate stress and cultivate inner peace: Discover tranquility amidst chaos.
- Boost self-awareness: Gain insight into your thoughts, emotions, and behaviors.
- Foster compassion: Develop empathy for yourself and others.
- Enhance responsiveness: Shift from being reactive to reflective.
- Strengthen relationships: Deepen connections and communication.
- Navigate emotions wisely: Approach challenging emotions with a positive attitude.
- Sharpen Focus: Enhance concentration and clarity in every task.
- Alleviate Stress: Experience a noticeable reduction in anxiety and tension.

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WEEK 1

Homefun & Reflections

Homefun

Practice deep breathing this week, breathe in slowly through your nose and exhale slowly through your mouth and repeat 4 times. You can practice this when you wake up, when you're boiling the kettle, waiting for the lift, before you go to bed.

Time to reflect

Practice mindfulness of breath and body – practice a couple of minutes daily

This week, make a note of when you were fully present. What did you notice?

When have you gone onto autopilot? What are the common distractions that pull you away from the present moment?

How does it feel to engage in the mindfulness exercises during the session?

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