

BEING PRESENT

*Always say 'yes' to the present moment
and see how life suddenly starts working
for you rather than against you.*

ECKHART TOLLE

The practice of being present (or mindfulness) has immense power to transform our lives. It is one of the most simple yet most profound practices which can impact our relationships, our work, our mental and physical health and also open us up further to our true spiritual nature and strengthen our connection to something much bigger. Furthermore, it costs nothing and can be done in any situation. The key is remembering that we have a choice in each and every moment. In this worksheet you will find some simple strategies for becoming more present and hopefully gain the motivation to make this a daily practice.

HOW OFTEN DO YOU FIND YOURSELF EITHER RUMINATING ON SOMETHING THAT HAS HAPPENED IN THE PAST OR WORRYING ABOUT SOMETHING THAT MIGHT HAPPEN IN THE FUTURE?



HOW WOULD YOU RATE YOUR CURRENT LEVEL OF MINDFULNESS OR YOUR ABILITY TO BE 'IN THE MOMENT' DURING A TYPICAL DAY, WITH 10 BEING FULLY PRESENT AND MINDFUL AND 0 BEING NOT AT ALL. (YOU MAY WANT TO NOTE ANY PARTICULAR TIMES, LOCATIONS OR ACTIVITIES WHERE YOU FIND IT EASIER/HARDER TO BE PRESENT.)



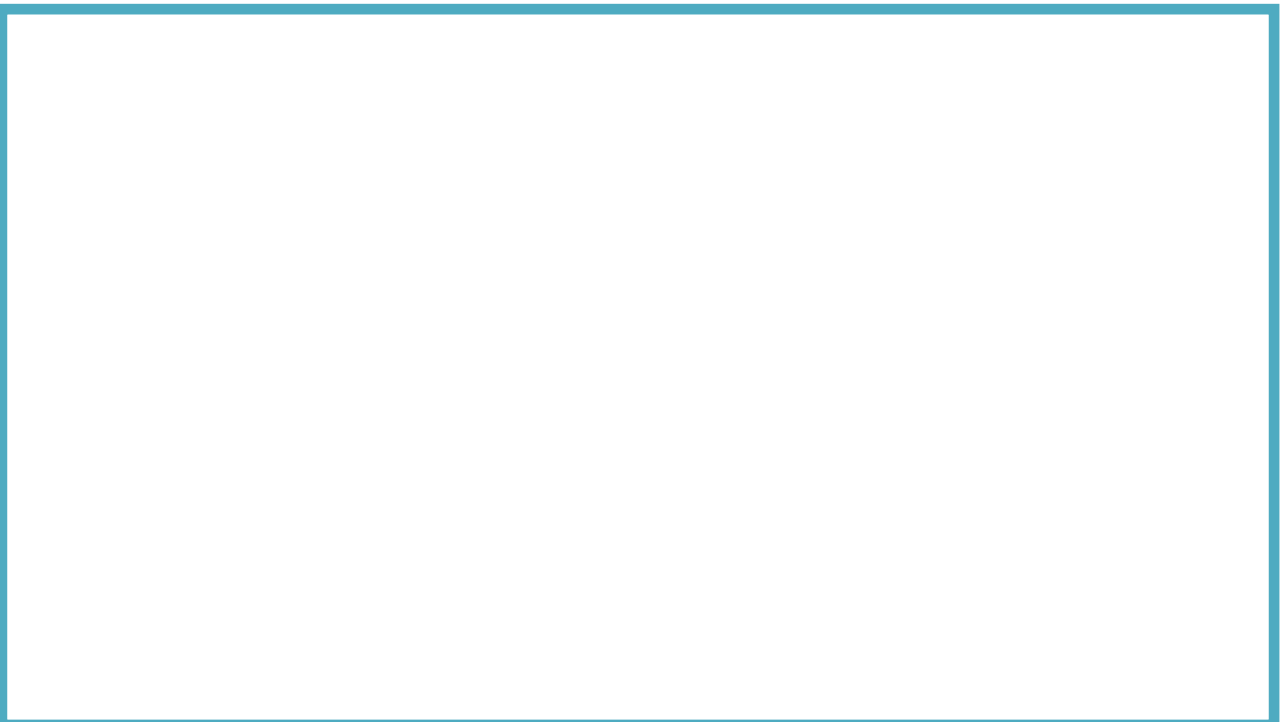
WHENEVER YOU ARE FULLY PRESENT OR LOST IN AN ACTIVITY OR A MEDITATION, HOW DOES IT FEEL FOR YOU? WHAT CHANGES DO YOU EXPERIENCE?



HOW MOTIVATING IS IT TO YOU TO BE ABLE TO EXPERIENCE THESE (AND OTHER) BENEFITS OF BEING PRESENT MORE OFTEN?



WHENEVER YOU ARE LOST IN UNHELPFUL THINKING ABOUT THE PAST OR THE FUTURE HOW DOES THAT FEEL FOR YOU? WHAT IS THE IMPACT FELT BY YOU AND THOSE AROUND YOU?



WHAT AWARENESS DO YOU HAVE OF WHEN YOU ARE OVERTHINKING OR STUCK IN YOUR HEAD IN ANY SITUATION? OVER THE NEXT WEEK, PAY ATTENTION TO WHERE YOU FEEL THE EFFECTS IN YOUR BODY (E.G. CLENCHING YOUR JAW) AND THROUGH YOUR EMOTIONS (E.G. WORRY, SADNESS) AND MAKE A NOTE BELOW.

Day	Physical effects	Emotional effects
1		
2		
3		
4		
5		
6		
7		

FROM THE LIST BELOW, PICK YOUR TOP 3 BENEFITS OF PRACTISING MINDFULNESS
(FEEL FREE TO ADD ANY IN OF YOUR OWN!)



10 Benefits of Mindfulness

1. A feeling of inner peace and calm
2. Improved sleep
3. Better physical health (reduced impact of stress/depression)
4. Greater connection to your work
5. Improved relationships
6. More enjoyment of life (e.g. food, music, nature, people)
7. A stronger spiritual connection
8. Experiencing the fullness of life now
9. More success in your career
10. Letting go of your ego

TO BEGIN YOUR MINDFULNESS PRACTICE, SELECT ONE THING FROM THE LIST BELOW TO TRY OUT OVER THE NEXT WEEK. MAKE A NOTE OF ANY CHANGES YOU NOTICE (HOWEVER SUBTLE). THEN RE-RATE YOURSELF ON YOUR LEVEL OF MINDFULNESS AND COMPARE WITH YOUR SCORE IN QUESTION 2.



10 Mindfulness Practices

1. Body awareness (connecting with your breathing and fully inhabiting your body)
2. Giving others your full alert presence whenever you are interacting with them
3. Watching the thinker and dis-identifying from your mind (creating a gap)
4. Nature walks (using your senses to fully immerse yourself)
5. Separating your helpful thoughts from your unhelpful thoughts
6. Calling in acceptance (and noticing the subtle peaceful energy vibration)
7. Noticing your energy and the vibration you are giving off
8. Journalling before bed to empty your mind of thoughts
9. Sensory awareness in (e.g. really tasting your food or listening to music)
10. Meditation (unguided or guided or meditating on a topic)