

Mindfulness Meditation

This *Mindfulness Meditation* PERSONAL DEVELOPMENT WORKSHEET is courtesy of: www.WyldWomanCoaching.com where you can download many more to help positively change your life.

Being mindful is the process of being consciously aware in the present moment. This state of mind is good for your overall health and well-being. Why? Well, because when your thoughts are in the past and the future is when you generate negativity such as worries, regrets, doubts, fear, frustration, and so on. When you are fully in the present moment is when you experience positivity vibes such as love and joy.

In our modern society we are taught to live in a flurry of moments with thoughts regretting the past and worried about the future. We worry about whether we'll get our tasks at work completed on time and we regret not talking to that gorgeous man at the coffee shop. It's a constant process in society today to keep our minds flittering here and fluttering there.

This year I spent time with Aboriginal Australians up North Queensland where the pace of everyday life is much more slow and relaxed. It's a very healthy country vibe. They didn't understand why my mind was so busy. I noticed how they didn't think – they more *felt* into the present moment with ease. It was quite fascinating, and taught me that our social world is created to keep us preoccupied and busy – whereas a life close to nature is naturally mindful in the present moment. After a while I settled into this amazing relaxing vibe, yet returning to the mundane mainstream of my Western world I find my mind settling into the fast paced world as before. To note, this deep relaxing feeling is also felt when one does Chi Gong or meditation.

Hence, here we explore this free personal development worksheet on Mindfulness Meditation so you too can sink into this blissful state of being.

Here are the steps to be Mindful of the Present Moment. The more you practice this the more it will come naturally every day.

While many people will encourage you to do this in a meditative pose such as lying down or sitting cross-legged or in a yoga pose you don't really need to. You can become more present in



the now anywhere because the NOW moment is anywhere any time.

Step 1: Become aware of your breathing. Observe how your breath enters your body and how your chest and/or stomach rises. Simply observe your breath.

Step 2: Observe how your body feels where it's sitting, lying or standing. What does the air feel like on your skin? How do your clothes feel? Are they tight or loose? Notice how you feel in the chair, couch or bed. What parts are touching your body. Simply observe your body.

Step 3: Listen to your surroundings. Close your eyes for a moment and listen. How many noises can you hear? The birds, people talking, music, the sound of the wind as it brushes the leaves, and so on. Simply listen.

Step 4: Smell your surroundings. What can you smell?

Step 5: Next slowly scan your body for tight muscles and places that are sore. Bring your attention to each one of those and focus on them until they start to relax and feel at ease. Continue scanning your body and relaxing deeper. Say to yourself, "As I breathe out I release the tension, as I breathe in I feel more positive and more deeply relaxed".

Step 6: Observe your thoughts. Let go of your observations of your surroundings and bring your attention inwards. Simply watch your thoughts.

A mindfulness exercise such as the above puts your mind in a state of positivity feeling peace and serenity. In this state you feel more relaxed and receptive while removing mental distractions and allow you to think more clearly. Doing this exercise throughout the day will help you remain more focused. When you're in the middle of a task and are feeling stressed program yourself to STOP and become mindful of your breaths, then follow the rest of the mindfulness steps and allow your whole body to relax.

After doing this mindfulness exercise, you'll feel less stressed, and you'll be able to concentrate more effectively on the tasks at hand. You'll also feel more centred and empowered. Try it now.

Enjoy!