

Human Leadership

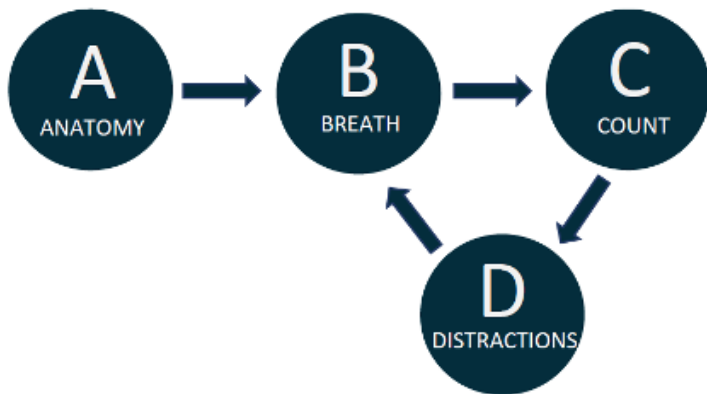
Developing a Mindfulness Practice

Guided Mindfulness Practice

Mindfulness enhances your overall performance and resilience by literally re-wiring your brain. Here is a simple practice that you can do in just 10 minutes a day. Adjust the duration if needed

Training your mind: The ABCD Method

Training Your Mind: The ABCD Method



1. Anatomy

You are invited to sit comfortably and :

- close your eyes
- ensure both feet are on the ground
- have a straight but relaxed back
- relaxed shoulders, neck and arms
- breathe through your nose

2. Breath

Direct your attention to your breath at the belly- without controlling the breath

3. Count

Count at the end of each out breath, upto 10. When you reach 10, count backwards. Repeat in cycles.

4. Distractions

When you get distracted, acknowledge it with gratitude. Relax, release the distraction and return back to breath

Complete the table below to help develop your mindfulness habit.

Motivation for training my mind:	
How often will I train:	
When will I train:	
Where will I train:	
What tools / supports will I use:	
What might be challenging for me:	
What will I do to overcome challenges:	
What rewards can I use to motivate / inspire myself to train?	

My 60 Days Habit Tracker

Use one row for each habit act you want to engage in, including mindfulness practice. Mark X for each day you intended to do your habit act and actually did it.

Tip: If you miss a planned day, don't worry – it happens. But to create a new habit, never skip twice.

Habit-Act	Day														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60

NOTES :



1. My New Habit: Why do I do it?
Tip : Make it personally motivating
2. Cue
Tip : Use one(or more) cue types to trigger the new habit
3. Act
Tip: Be specific and start small so you cant say no.
4. Reward
Tip: Use immediate gratification until the long-term effects kick in

My New Habit _____

Action _____

Cue _____

Reward _____