

CHAPTER THREE

RATIONAL

"All things are ready, if our mind be so."
– WILLIAM SHAKESPEARE

DAY 37: BEGIN UNPLUGGED

REFLECTION

What was your unplugged morning routine?

How did it allow you to connect to yourself and the present moment?

How did your routine impact your mindset throughout the day?

DAY 38: START WITH WHAT'S IMPORTANT

REFLECTION

What is the most important thing for you to do today?

How did you do this with intention?

How much time will you set aside each day to continue doing what's important to you?

When will you do this?

DAY 39: SAY “THANK YOU”

REFLECTION

What did this exercise reveal to you about your language?

How did changing your language impact your interactions?

How did it help you cultivate a mindset of appreciation and positivity?

DAY 40: OBSERVE YOUR SELF-TALK

REFLECTION

What did you notice about your self-talk?

How does your self-talk affect your self-esteem and relationships?

What loving, empowering messages do you want to tell yourself more often?

DAY 41: WRITE YOUR PRIORITIES

REFLECTION

What is important to you?

What does a meaningful day look like to you?

How do you want to be as a person? Which attributes do you want to adopt or improve?

Review your answers. Why have you chosen these values and priorities?

DAY 42: THEME YOUR DAYS

REFLECTION

List your daily themes.

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

How do you plan to act on each one?

How will this added focus help you make time for what's important to you?

DAY 43: EXERCISE A STRENGTH

REFLECTION

List your strengths and abilities below.

Which strength did you exercise today?

How did you feel about yourself afterward?

DAY 44: TRY SOMETHING NEW

REFLECTION

What new thing did you try today?

How did it feel to be a beginner?

What did your self-talk sound like during this process?

DAY 45: VALUE YOUR GROWTH

REFLECTION

What did you gain by exercising a strength?

How did this impact your mindset when trying something new?

What was challenging about trying something new?

What was rewarding?

How did you grow from this experience?

DAY 46: DETOXIFY YOUR MIND

REFLECTION

What was most challenging about this exercise?

What did it show you about your media habits?

Which of the four options did you focus on today? How?

How did that benefit you?

DAY 47: ATTEND TO AUTOPILOT

REFLECTION

Which autopilot activity did you pay attention to?

How did paying attention change the way you performed this task?

How will you continue this practice to add mindfulness to everyday tasks?

DAY 48: REFLECT ON TODAY

REFLECTION

Did you have a good day today? Why or why not?

What were you mindful of today?

What's one thing you did to really make today matter? (This is a great question to steer the days ahead in a meaningful direction!)

DAY 49: PREPARE FOR TOMORROW

REFLECTION

What was your evening routine?

How did it help you wind down from today?

How will it benefit you tomorrow?

DAY 50: CONSUME CONSCIOUSLY

REFLECTION

What did you do today to be a more conscious consumer?

What wasteful habits do you need to challenge or break?

Does too much "stuff" ever get in the way of your life? If so, how?

DAY 51: MEDITATE IN SMALL DOSES

REFLECTION

How did these mini-meditations add mindfulness to your day?

What did you notice during this practice?

How might regularly connecting to your breath, body, and mind benefit your life?

DAY 52: ASSESS YOUR WORRIES

REFLECTION

What are you worried about and why?

Is this going to matter next week? Next year?

Is the outcome of this worry within your control?

If so, what can you do about it?

If not, how can you move past it or let it go?

DAY 53

ADDRESS YOUR WORRIES REFLECTION

How did you act on the worries you can control and change?

How did you change the way you approach those worries outside of your control?

What did you learn about your worries and the concept of worry in general?

DAY 54: CELEBRATE CHANGE

REFLECTION

What have you learned about yourself in the last two months?

Which practices have you found most valuable so far?

How have they benefited you?

What changes have you made or experienced in your body, emotions, and mindset?

CHAPTER THREE REFLECTION

REFLECTION

How have you learned to observe your thought patterns to gain mental clarity?

Which practices resonated with you? Make a note of those you want to come back to.

BEFORE MOVING FORWARD

- *Be proud of the investment you've made in yourself.*
- *Recognize the insight you have gained because of the work you've done.*
- *Celebrate the growth you've experienced because you chose to grow.*
- *Remember your capacity for self-empowerment, fulfillment, and transformation.*
- *Believe that you will continue to connect to your inner wisdom should you choose to live with mindfulness.*