

Mindfulness, On The Upbeat

Simple, Joyful Possibilities

Mindfulness, For Real Life



Mid-Winter Mindfulness

Remember How We Let Some Old Things GO in our
Autumn MOTU (Mindfulness on the Upbeat) Classes?



**Well, Mindful Yoginis, now... You get to see what TREASURES
are inside of your mind and heart now that those spaces are
CLEAR as a Sunny Winter Day**



Ack! Still some dust-balls
and clutter?

Inhale slowly...Exhale,
blowing them gently away.

Rinse & Repeat, 4-Eva.

Inside the MOTU Mid-Winter Mailing:

1. 10 Things I love about you
2. 3 Questions to ask yourself next time you feel stressed
3. Turn *Mama Fujiyama Drama* back into a little mole hill
4. Look toward Spring with clear goals & vision.





10 Things I Love About You

1. I love how you're really, really interested in that thing you love to do.
2. You're doing great, *and* you keep on going.
3. You love somebody.
4. You care about people, and you help them.
5. You let yourself be imperfect. You rest.
6. You solve problems.
7. You wonder how things can be better.
8. When you *really* laugh, your eyes light up.
9. You share.
10. You're valuable exactly as you are right this minute.



You know how the squirrels were extra busy burying their acorns?

Well, they weren't busy just to show the other squirrels who's the busiest bushy-tail in the bunch ... They were prepping so that they can *chill*. They were preparing. They were unknowingly building forests.

(Can be done, together, with children in your life)

You've been working hard. You already have all that you need. The rest will come step by step. Give Yourself permission to Rest.

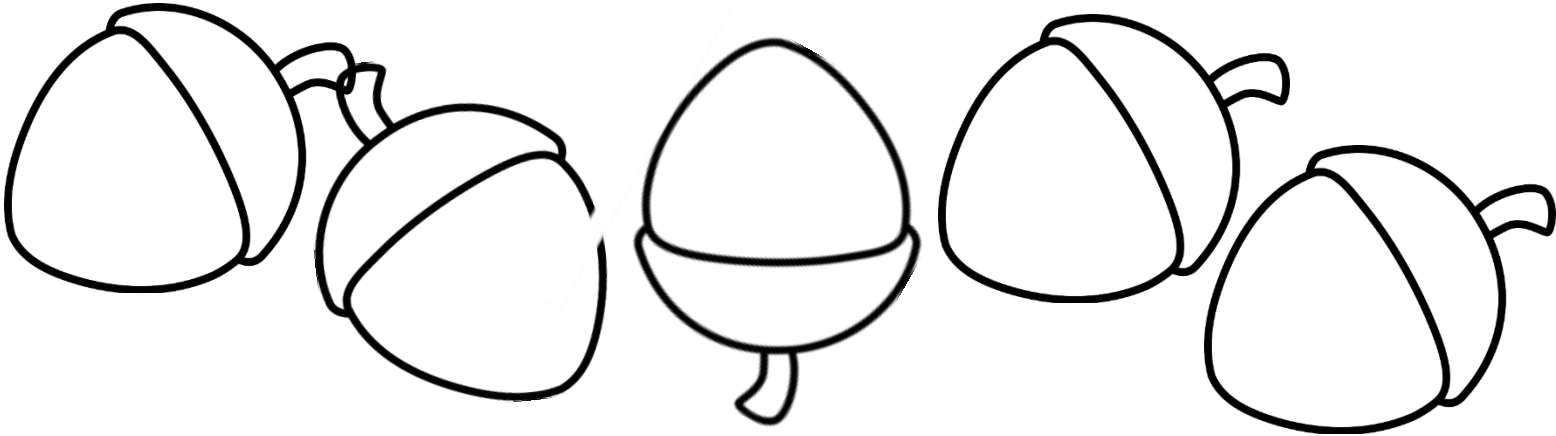
I can add these 5 *Simple Peaceful Pleasures* to my week:

1. _____
2. _____
3. _____
4. _____
5. _____



These are 5 Acorns I've buried (or will) to Prep for my future:

(Ex. Everything from... I cleaned out my sock drawer, or I've saved money for _____, or I applied to Astronaut School so I can be the first Squirrel on Mars.)



This is how I hold myself back...

I don't do more of this, because I know these people will judge me or shun me:

People think I am this _____, and they don't know I'm this _____.

I can be MORE of my best self if I:



Next time I feel stressed, I'll ask...

1. Do I need this?
 - a. I walk away from stressful, unnecessary chatter/gossip.
 - b. I notice when I'm close to a tornado. (*Breathe, walk away*)
 - c. Is perfectionism or procrastination making life harder than it needs to be?
2. What do I need to really *feel* from this experience, so that I can get past it & grow?
3. How can I just do my best and let go of the rest? What do I need that I CAN give myself right now? (5 minutes of breathing? Music? Wild dancing??)



You know what's really easy? We all do it in some way...

"Well- I just need more time! I just need more money! I need to not be around these people or those people! What do I need?? I need a big drink... Or ice-cream ... on an island..."

That's all easy and only gives an illusion of effectiveness.

BUT- more importantly – when we roll our eyes and talk this way, we are undermining and eroding our own actual strength. We are pretending everything's already 100% out of our control, so we're justified in throwing our hands up and pointing the finger elsewhere.

YOU have the power to make choices in every moment. Breathe fully, choose. Repeat.



I can give up some of this,

to have more of that



**Write 10 things you want out of your life in the
next 10 years – Write in RED as if you
ALREADY have accomplished.**

(Saying “I’m going to” = brain sees a to-do list. Write your goals as if they ALREADY happened.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. **** BIGGEST ONE**_____



FIRST STEP

Which GOAL will help the other goals to fall into place?

Write that GOAL as if you **already** have it:

I am/I have _____

These are steps to reach it:



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science, creativity, & faith-building of the
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**I'm hosting a fun, unique-style Vision Board
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Free (optional) Gentle Yoga class 11am
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Come make a Vision Board at the on the Bay to
set your sights on *your* best Springtime *and*
beyond!

Coupon Code: **VISION** (\$30 off)
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