

# MINDFULNESS

## Simple, Daily Exercises to Enhance Your Wellbeing

### SNAPS<sup>SM</sup>- Mindfulness Qualities

Mindfulness begins with cultivating the following qualities into your practices. I've named them SNAPS<sup>SM</sup> to help you remember. As you cultivate these qualities in your mindfulness exercises and meditations, they will begin to ripple out into your everyday life.

#### #1 Self-Compassion

Accepting and loving yourself just as you are now. Allowing space for not being perfect for making mistakes, for being unskillful, for being human and having beautiful needs and desires. Cultivating empathy.

#### #2 Non judgmental

Letting go of value or moral judgements. Releasing labels such as right or wrong, good or bad. Letting go of opinions.



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## Enhance Self-Awareness

*“By becoming self-aware, you gain ownership of reality; in becoming real, you become the master of both inner and outer life”*

-Deepak Chopra

Self-awareness is the conscious knowledge of one's own behaviors, beliefs, feelings, desires and motivations. You can observe yourself from your wiser, higher self. Notice your thoughts, feelings, actions, opinions, and decisions. Notice if these are aligned with who you say you are, your goals, and who you want to be in the world. Practice non-judgement. Be honest and self-compassionate with yourself. Awareness is your first step towards positive change. How can you change if you are deluding yourself about where you currently are? Noticing you aren't where you want to be or who you want to be is a good thing! Celebrate! Thank yourself for noticing. Now, you have the starting point.



### #3 Acceptance

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Accepting yourself and what is here now. Acknowledge feelings and thoughts and circumstances without judgment. Allowing space for what is without argument.

### #4 Present Moment

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Be here and now. Let go of thinking about the past or future. Use your breath to stay in the present NOW moment. See the present moment as a gift. All power is in the present moment.

### #5 Self-Determined

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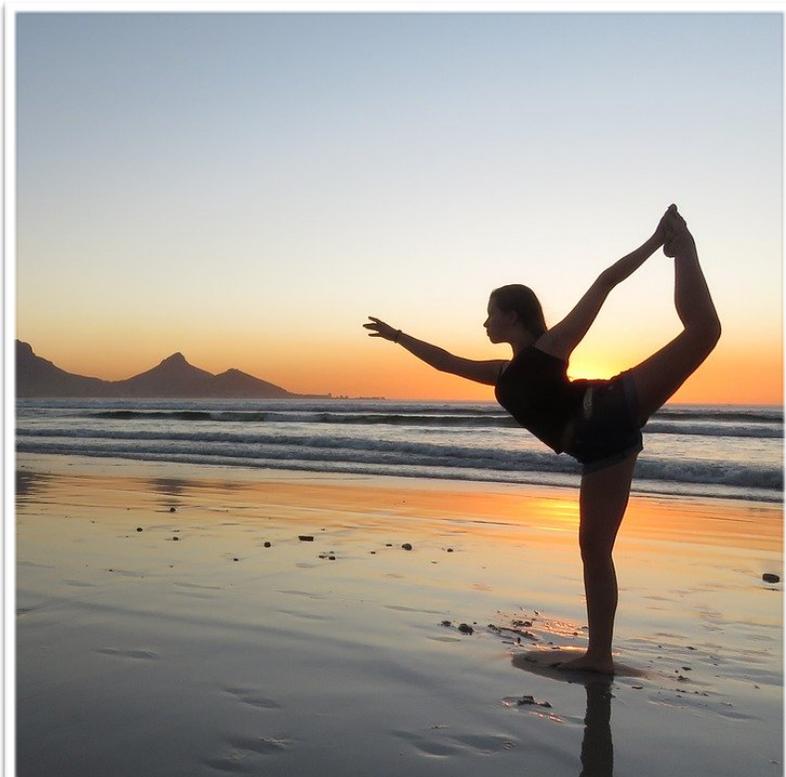
You are your highest authority. You are reliant on yourself and trust yourself to make decisions best for you. You nurture and practice listening to your own heart's desires, intuition, and what matters to you. You are your own best counsel.

Then you pick the destination and the path begins to emerge. Pick one exercise to explore a day or weekly. These are self-paced.

**Exercise 1:** What do I complain about? How is this holding me back? What am I getting out of it? Am I willing to stop complaining? What would I have to give up being right about?

**Exercise 2:** What am I struggling with or what is challenging me? What am I feeling about myself around this struggle? What story am I telling myself? Is it empowering? How can I rewrite this story to one that is more empowering and aligned with my vision and who I want to be in life?.

**Exercise 3:** How many hours of the day am I in a state of suffering (e.g worry, fear, self-doubt, anxiety)? How do I feel about myself when I'm in this state? Do I have control over any of these? What can I focus on that is empowering and aligned with what matters to me?



# Your Personal Vision

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*“Personal mastery is the discipline of continually clarifying and deepening our personal vision, of focusing our energies, of developing patience, and seeing reality objectively.” -Peter Senge*

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Developing personal mastery begins with a vision for yourself and your life. Developing your vision is the first step in my 10-Step Aligned Life System. One of the first things I ask my clients is **“What would you love your life to look like?”** The most common answer I get is some version of **“I don’t know.”**

Why is this answer so common when we are a workaholic, overbooked and stressed-out society? We are all busy, yet we don’t know where we’re going. Most of us can relate to feeling like the hamster on the hamster wheel. We do what others expect, what we “think” or have been “told” that will make us happy. We are coping, trying to fit-in and keep-it-together. Most of us are surviving not thriving. Use these exercises to gain clarity on your vision of what you would love your life to look like. With a vision, you have your destination. Knowing where you are and where you want to be, you can now create a roadmap—an action plan!



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**Exercise 1:** What really matters to me? What are my interests? What turns me on and lights me up? What activities make me feel good or brings me joy? When am I the most happy, satisfied, content?

**Exercise 2:** If age, gender, time, money, education, or experience were not factors, **what would I love to have, do, be in my life?** What kind of relationship would I love? If I could live anywhere, where would I live? Who would I live with?

**Exercise 3:** What am I telling myself about why I can’t have what I want? What if it were possible, what is the one action step I could take right now, with where I am at, and what I have to move me in the direction of my vision?

**Need Help?** If you are putting off or sensing some anxiety around gaining clarity on your goals, personal vision, and what matters most to you, you are not alone. That is why I offer a **FREE Breakthrough Session** phone call with personal coaching by me. You will gain clarity on your vision and what matters most to you. And you will uncover hidden challenges that may be undermining your success. Leave inspired and ready to act. **Schedule now** at [www.ScheduleTimeWithRiver.com](http://www.ScheduleTimeWithRiver.com)