



Navigating Life's Map

7-Day Mindful Journey

W O R K B O O K



Thoughts are based on our maps of the world.



Our maps have been built up over time based on our experiences, exposure to situations and events, and our beliefs formed over time.



The map is a representation that's been constructed to support our understanding and create a relatable connection to validate our thoughts.



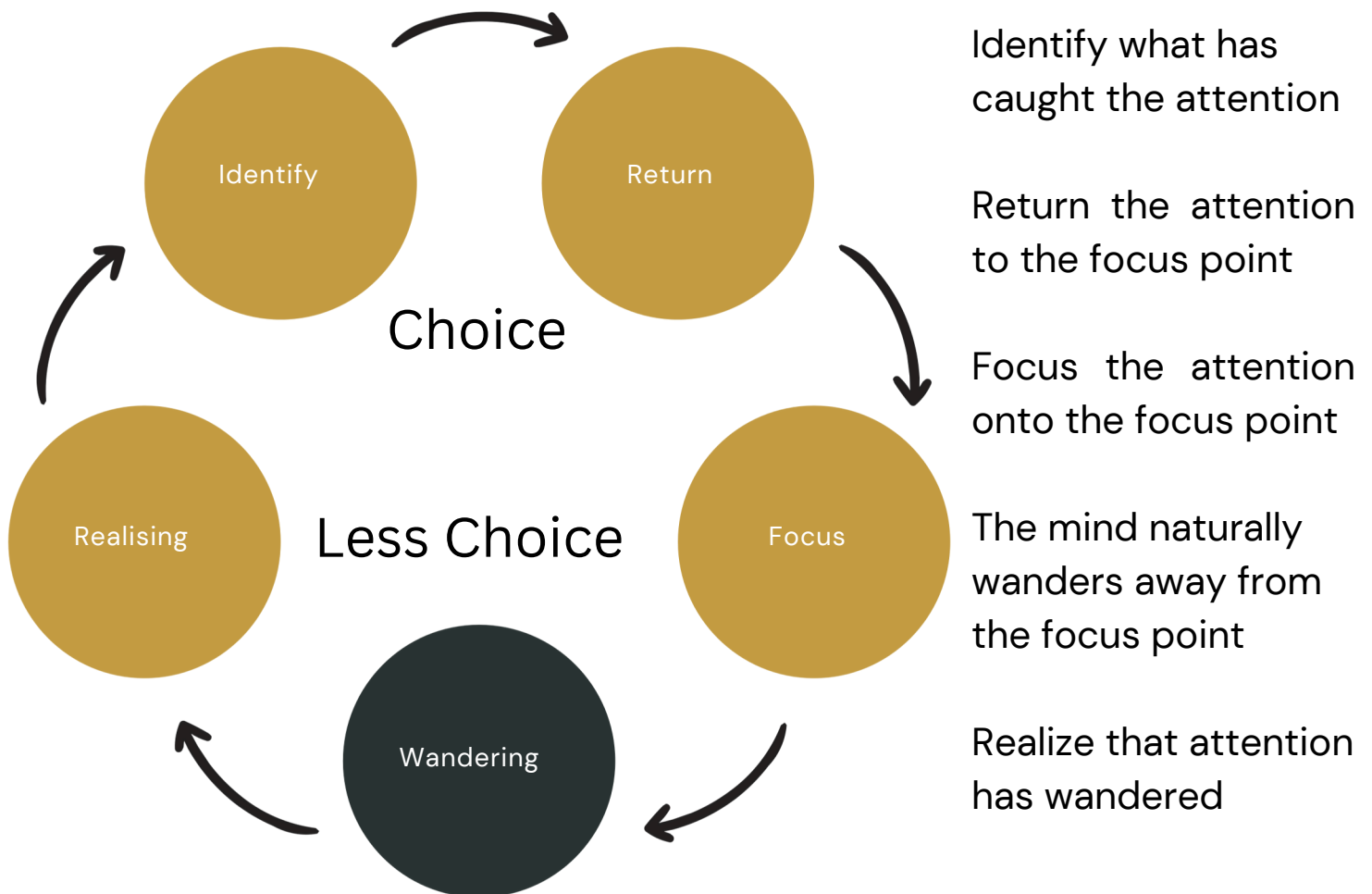
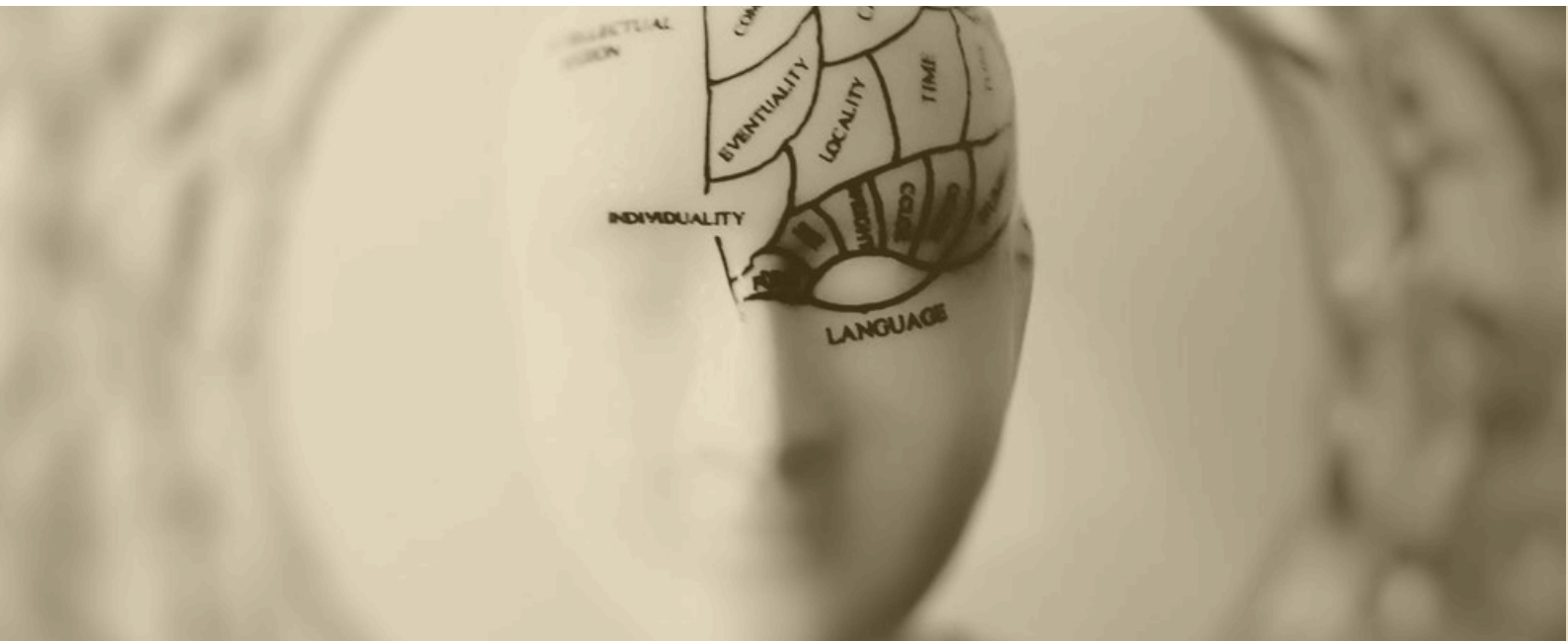
BEING MINDFUL OF YOUR THOUGHTS

Mindfulness is about creating a conscious awareness of our thoughts. It brings us to the present moment to recognise and explore with curiosity our thoughts. It allows us to be resourceful in our perceptions and bring attention to the here and now.

When we apply mindfulness we are not looking to apply negativity to our existing thoughts and emotions, but to query them with intrigue

"OUR LIFE IS SHAPED BY OUR MIND,
FOR WE BECOME WHAT WE THINK."

BUDDHA



MINDFULNESS ISN'T DIFFICULT ...
WE JUST NEED TO REMEMBER TO DO IT.

OBJECTIVES

1

Become observant of behaviours of yourself and those around you

2

Develop a curiosity towards your thoughts

3

Be aware of your emotional responses



DAY 1

As you go through the week tune into behaviors you see in yourself and those around you. Become conscious around your thoughts and approach them with a curiosity and intrigue into how they have been formed, over time, observations of others, a moment in time that determined your viewpoint.,

WHAT BEHAVIORS HAVE YOU SEEN?

WHAT FEELINGS DID YOU IDENTIFY?

WHAT EMOTIONS DID YOU EXPERIENCE?

DAY 2

As you go through the week tune into behaviors you see in yourself and those around you. Become conscious around your thoughts and approach them with a curiosity and intrigue into how they have been formed, over time, observations of others, a moment in time that determined your viewpoint.,

WHAT BEHAVIORS HAVE YOU SEEN?

WHAT FEELINGS DID YOU IDENTIFY?

WHAT EMOTIONS DID YOU EXPERIENCE?

DAY 3

As you go through the week tune into behaviors you see in yourself and those around you. Become conscious around your thoughts and approach them with a curiosity and intrigue into how they have been formed, over time, observations of others, a moment in time that determined your viewpoint.,

WHAT BEHAVIORS HAVE YOU SEEN?

WHAT FEELINGS DID YOU IDENTIFY?

WHAT EMOTIONS DID YOU EXPERIENCE?

DAY 4

As you go through the week tune into behaviors you see in yourself and those around you. Become conscious around your thoughts and approach them with a curiosity and intrigue into how they have been formed, over time, observations of others, a moment in time that determined your viewpoint.,

WHAT BEHAVIORS HAVE YOU SEEN?

WHAT FEELINGS DID YOU IDENTIFY?

WHAT EMOTIONS DID YOU EXPERIENCE?

DAY 5

As you go through the week tune into behaviors you see in yourself and those around you. Become conscious around your thoughts and approach them with a curiosity and intrigue into how they have been formed, over time, observations of others, a moment in time that determined your viewpoint.,

WHAT BEHAVIORS HAVE YOU SEEN?

WHAT FEELINGS DID YOU IDENTIFY?

WHAT EMOTIONS DID YOU EXPERIENCE?

DAY 6

As you go through the week tune into behaviors you see in yourself and those around you. Become conscious around your thoughts and approach them with a curiosity and intrigue into how they have been formed, over time, observations of others, a moment in time that determined your viewpoint.,

WHAT BEHAVIORS HAVE YOU SEEN?

WHAT FEELINGS DID YOU IDENTIFY?

WHAT EMOTIONS DID YOU EXPERIENCE?

DAY 7

As you go through the week tune into behaviors you see in yourself and those around you. Become conscious around your thoughts and approach them with a curiosity and intrigue into how they have been formed, over time, observations of others, a moment in time that determined your viewpoint.,

WHAT BEHAVIORS HAVE YOU SEEN?

WHAT FEELINGS DID YOU IDENTIFY?

WHAT EMOTIONS DID YOU EXPERIENCE?

REFLECT

What did you notice about yourself this week?

1

How did you find mindfulness this week?

2

Did you feel any resistance to querying your thoughts?

3

