

MindfulLiving™ Module 1

Simple Awareness Body Scan

Getting Started Questionnaire

Here are some key questions to consider as you embark on your MindfulLiving™ journey:

1. What Drew You to the MindfulLiving™ Program?

- Consider what motivated you to start this journey. Reflect on any of the following that might be relevant:
 - Sleep disturbances and worries that disrupt your peace.
 - Health issues prompting you to seek mindfulness solutions.
 - Difficulty concentrating and a desire to fully engage in life.
 - (Feel free to add other reasons that resonate with you.)

2. Ascertain Your Positive Points

While seeking improvement is essential, it's also crucial to acknowledge your existing strengths. Take a moment to recognise your core qualities, which are often overlooked:

- Reflect on what friends or family appreciate about you.
- Identify your strengths and envision how they can support you in achieving your goals with MindfulLiving™.

3. Planning Your Schedule

Establishing a consistent practice time and place is critical for success. Consider these tips:

- Choose a time when you can focus without interruptions.
- Designate a quiet space conducive to mindfulness practice.
- Commit to a specific daily schedule, ensuring consistency.
- Prepare for each week's practices in advance to stay on track.

(Optional): Briefly share any specific areas you'd like to focus on with mindfulness (e.g., focus, relaxation).

Thank you for taking the time to complete this exercise. Your thoughtful responses will be valuable as you embark on your MindfulLiving™ journey.

Here's to Your Journey!



MindfulLiving™