

MindfulLiving™ Module 3

Mastering Mindful Thinking

Getting Started Worksheet

MindfulLiving™ Getting Started Questionnaire

This worksheet begins your MindfulLiving™ journey. Writing your responses to these questions and those on the practice worksheets will help ground your practice and learning in a way that would not be possible if you answered these questions in your head. In a way, this is the first mindfulness practice: being mindful of your intentions and commitment to the process you are about to begin. You may also enter your answers into your journal or wherever you feel comfortable.

Something probably drew you to this program that made it seem like a good idea. For example, you may wake up in the middle of the night with worries and concerns that keep you from getting a good night's sleep, or you may be dealing with health issues. You've heard that mindfulness can help you deal with them, or you may have trouble concentrating, or you may want to increase your ability to be present and fully engaged in life, to accept more fully yourself/others, just as you/they are.

By the end of the course, I am hoping that:

While there are things you hope will improve, it is essential to recognise the positive aspects of yourself because these things form the base for any self-improvement. We take our core strengths for granted, so give yourself a few minutes to reflect on this. For instance, what would a good friend or close family member say that they appreciate about you?

Some of my strengths are:

Finding a specific time and place for your half-hour of daily practice is likely to be one of the most challenging hurdles, and writing down when and where you'll be doing your daily practice will help you keep your promise to practice each day. People often practice first thing in the morning, before roommates or family members are up and about, and others like the evening before bedtime or just after arriving home from work. Precisely when you practice is less important than having a set time and place—a time you know you can practice without having to attend to the telephone or be responsive to others, and a quiet and separate place.

When will I practice? (Try to be concrete, e.g., 6:30 am M-F, 7:30 am Sat/Sun)

Where I plan to practice: (e.g., corner of the bedroom, basement, etc.)

In addition, you will want to allow time each week to prepare for the coming week's practice by watching that week's videos and starting the reading indicated for that week. Since we recommend practising six days a week, you could choose to prepare for the coming week on the seventh day, starting at the same time you usually would practice. On this day, it's best to reserve 60-90 minutes.

The time & day of the week I will get ready for the coming week's practice is:

Shery Klein, Personal Coach, would like to take the opportunity to thank you so much for your precious participation. We appreciate your dedication and commitment. We expect to help you deal with uncomfortable issues and other obstacles. The main thing is to enjoy, chill out, and have fun! Remember to contact us with any questions or for any assistance. Stay Blessed and Healthy ❤️

Lots of Love, Shery.



MindfulLiving™

Mastering Mindful Thinking: Clarity in Every Moment

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