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# Mindful Minutes

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## Morning Pages

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whole • health • coach

# Mindful Minutes

There is a period of time in the morning, upon waking, when writing allows your stream of consciousness to flow onto the page. Here, you allow for a fresh start to the day. You call for a clearing of the mind. You release your subconscious thoughts without judgement. You summon curiosity and kindness to your day. You find a powerful way to create space for your thoughts and actions. You choose mindfulness.

Perceptions are often inaccurate or conditioned due to past experiences. By writing all thoughts and emotions that naturally come to mind (nothing is too silly or serious) in a three minute session, each word and sentence that hits the page helps you release and let go of those things you are holding onto.

*“The body often contains emotional truths that words can too easily gloss over.”*

*- Esther Perel*

What is a gilded appearance rather than truth of the current moment-reality?

You are a spiritual being in a material world, always moving toward the life you truly came here to live. When you bring clarity, focus, and attention to your thoughts after lovingly allowing your subconscious mind to flow, the witness state of awareness can begin to change your actions. From a bird's eye view, you are able to see what continuously comes up for you. Which words or statements are reoccurring. You can observe a situation or feeling objectively. Thus, when you see clearly, you can respond effectively. Mindfulness guides you and removes filters, biases, and preconceived ideas that cloud your perception and consciousness. Habitual patterns that keep you on automatic pilot deter you from choosing a wise and compassionate response. No matter your stage, this workbook, Mindful Minutes, assists in opening yourself up to profound thoughts and emotions so your true self can begin to govern. Believe, think, and do.

# Getting Started

### Free Flow (1-3 minutes)

In free-flow writing, you 'empty on the page' in a stream-of-consciousness style. No stopping to think. No editing. No judging or censoring your thoughts. Let it all out.

. With love, Me.

# Focused Flow

## This Magic Moment

What unexpected or magical thing(s) might happen today?

Prime your mind to look for the joy, whimsical, and serendipitous things that the universe provides to each of us, individually and collectively.

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## Attitude of Gratitude

Write down what you are grateful for at this moment in time. Let us not miss the beauty that surrounds us.

*“Living in a state of gratitude is the gateway to grace.” - Arianna Huffington*

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## Set Your Compass

Think about your life as though you've achieved everything you need and want. Vividly imagine these dreams and goals fulfilled. Write down how this looks and feels for you.

What you practice grows stronger. The law of attraction is speaking and feeling your thoughts into reality. Develop a trusting pathway that aligns your emotional intuition with your cognitive intellect.

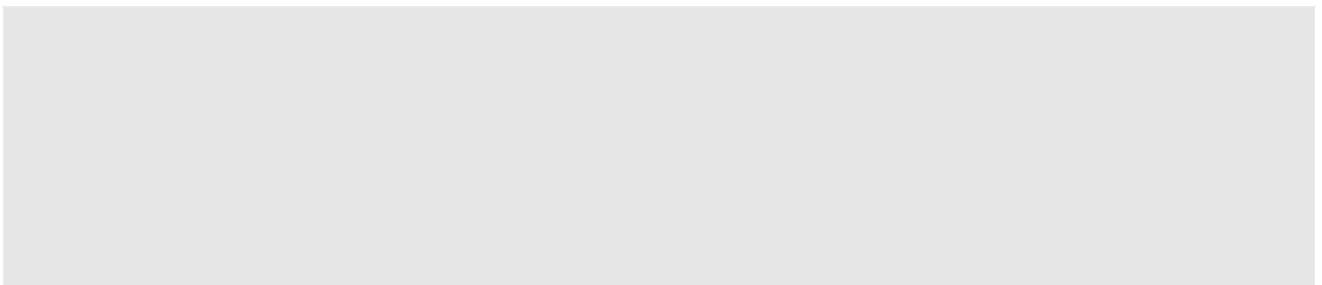
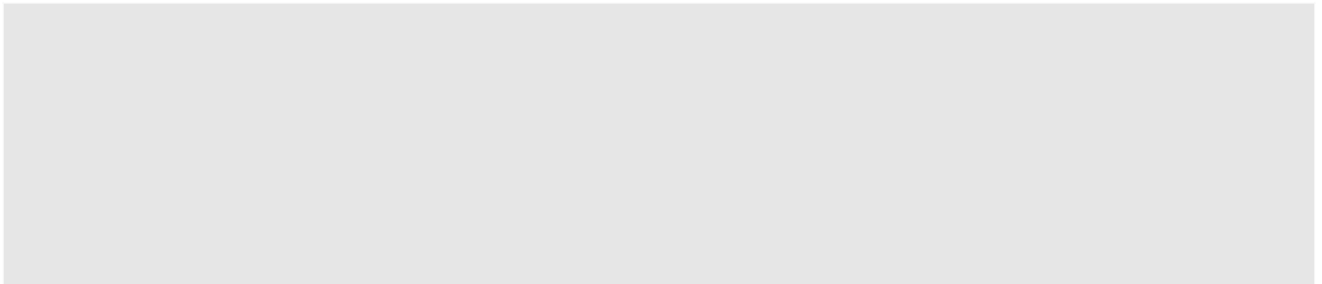
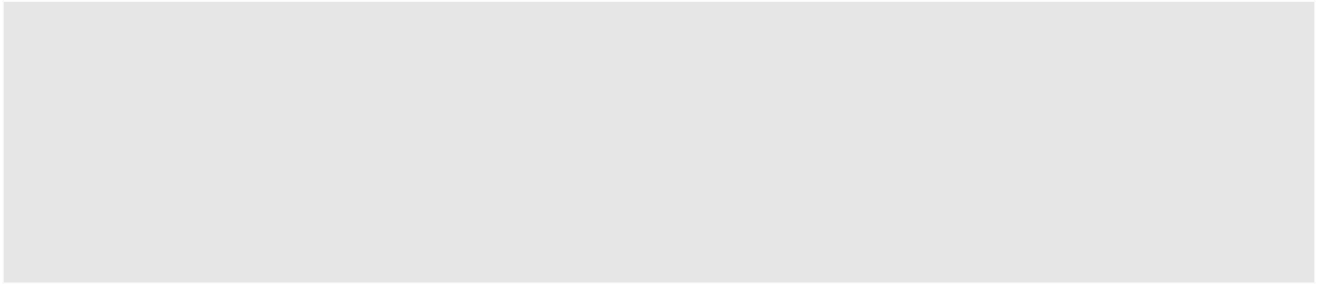
Connect with what is most important. Intentions set you in the direction you want to go. They remind you of our personal visions, dreams, and goals. They motivate and empower you to live in purpose. Self-compassion gives you the support and courage needed to trust yourself and to stay the course.

*"We are always in a perpetual state of being created and creating ourselves." - Dan Siegel*

This image shows a single page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines or other markings on the page.

## Positive Promises

Create empowering beliefs. Write a joyful expression of your soul. Believe that your positive affirmations bring an abundance of self-love and self-trust.



Everything is connected.