



Mind Full, or Mindful?

5 Day Mindfulness Challenge

Let's get started!

Take a few minutes to answer this quick mindfulness quiz from the American Mindfulness Research Association and see how you did.

Using the 1-6 scale, please indicate how frequently or infrequently you currently have each experience. Please answer according to what really reflects your experience rather than what you think your experience should be. Please treat each item separately from every other item.

	1	2	3	4	5	6
	Almost Always	Very Frequently	Somewhat Frequently	Somewhat Infrequently	Very Infrequently	Almost Never
I could be experiencing some emotion and not be conscious of it until some time later.	1	2	3	4	5	6
I break or spill things because of carelessness, not paying attention, or thinking of something else.	1	2	3	4	5	6
I find it difficult to stay focused on what's happening in the present.	1	2	3	4	5	6
I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.	1	2	3	4	5	6
I tend not to notice feelings of physical tension or discomfort until they really grab my attention.	1	2	3	4	5	6
I forget a person's name almost as soon as I've been told it for the first time.	1	2	3	4	5	6

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It seems I am "running on automatic," without much awareness of what I'm doing.	1	2	3	4	5	6
I rush through activities without being really attentive to them.	1	2	3	4	5	6
I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.	1	2	3	4	5	6
I do jobs or tasks automatically, without being aware of what I'm doing.	1	2	3	4	5	6
I find myself listening to someone with one ear, doing something else at the same time.	1	2	3	4	5	6
I drive places on 'automatic pilot' and then wonder how I got there.	1	2	3	4	5	6
I find myself preoccupied with the future or the past.	1	2	3	4	5	6
I find myself doing things without paying attention.	1	2	3	4	5	6
I snack without being aware that I'm eating.	1	2	3	4	5	6

How did you score?

Scoring:

To score the scale, simply compute a mean (average) of the 15 items.

The higher your score the more mindful you are.

The lower your score, the more mindless you are.

Remember: Harvard Business Review (HBR) states that a recent study found that our minds are on something other than what we are doing 47% of the time.



Day 2

Journal

For your exploratory practice today, Pick something that you do every day at the same time like brushing your teeth or drinking your coffee and plan to do that action mindfully.

That means that while doing this activity, you are not thinking about the past or the future, but rather you are just having the experience of brushing your teeth or drinking your coffee intentionally and fully aware.

- Notice how the bristles feel on your teeth
- The taste of the toothpaste on your tongue,
- The experience of the sudsy toothpaste in your mouth
- What else did you notice?
- How did doing this mindfully feel?
- What was something you never noticed before?



Day 3

Take a mindful moment to reflect between activities

Journal

Create a sense of thoughtfulness and intentionality in your day by doing the following:

- Take a slight pause between activities
- Take a moment to just stop, breathe, and shift gears between activities
- Just 15 seconds before and after every meeting, phone call, or task to focus intentionally on the work, situation, and people involved.
- Intentionally bring closure to one task, or meeting with reflection, before moving or thinking about the next one.

At the end of the day, how did you feel? What was different today from yesterday?

Day 4

The Concept of Neuroplasticity tells us that our mind can be trained, but it takes practice.

Understanding and managing attention is now the single most important determinant of business success.
-HBR

The following simple practice helps you create mindfulness quickly no matter where you are. All that is needed is to notice something that you are experiencing with each of the five senses.

Set a timer on your calendar to remind you to do this simple mindfulness meditation 3 times today.

This is such a simple exercise, many people don't even recognize it as a meditation.

Notice five things that you can see.

Look around you and bring your attention to five things that you can see. Pick something that you don't normally notice, like a shadow or a small crack in the concrete.

Notice four things that you can feel.

Bring awareness to four things that you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.

Notice three things you can hear.

Take a moment to listen, and note three things that you hear in the background. This can be the chirp of a bird, the hum of the refrigerator, or the faint sounds of traffic from a nearby road.

Notice two things you can smell.

Bring your awareness to smells that you usually filter out, whether they're pleasant or unpleasant. Perhaps the breeze is carrying a whiff of pine trees if you're outside, or the smell of a fast food restaurant across the street.

Notice one thing you can taste.

Focus on one thing that you can taste right now, in this moment. You can take a sip of a drink, chew a piece of gum, eat something, or just notice the current taste in your mouth or open your mouth to search the air for a taste.

Day 4 (continued)

Journal

How easy or difficult was the mindfulness practice? What did you notice?



Mindfulness can be a simple form of meditation.

Day 5

Mindfulness of the Breath

Before beginning set a timer for 5 minutes on your phone or computer.

- Sit upright in a chair with your hands in your lap.
- Just simply notice your breath – notice that with no effort your breathing just happens naturally.
- Let your breath flow effortlessly in through the nose, notice it filling your lungs, notice your chest rising and then falling as you breathe out through the nostrils.
- Notice the difference in temperature as the breath enters the body as compared to when it exits the body.
- Notice the sensations in the nostrils, shoulders, chest, rib cage, belly, etc.
- Your mind will naturally wander off to some past or future event. When it wanders, just notice, and bring it back to the breath, in the present moment.
- When the timer rings, reflect in your journal on your experience. Did your mind wander a lot, or a little? Either way, this is natural.
- How easy or difficult was it to focus on the qualities of the breath?

Journal

How was this?



Celebrate!

Journal

How was this?

You did it!

Now that you have practiced mindfulness for 5 days, how do you feel?

Calmer? More Grounded? The same?

Being mindful is a simple practice, but it is not easy!

Practice, practice, practice!