



# WEEK 4 - THE WEEK MINDFUL MOMENTS

## **INTENTACT**<sup>®</sup> Intentions to Actions Leadership

This week is a week of fun mindful moments. Mindfulness so often is shared as something to do when one is in a challenging moment but the greatest way to build presence and establish a habit of mindfulness is cultivating the presence in the fun and enjoyable moments.

An essential understanding and powerful lesson in mindfulness is that all moments pass both good and bad. We can often know this conceptually but when a moment is hard and challenging our conceptual understanding means little to nothing to what we are feeling.

Doing the practice of being mindful in the good moments lets one really experience the moment fully and taking in all the joy of it. The practice equips us with a stronger mental mind state when the difficult moments come. We can see with more clarity that we can be with these difficult moments but we don't have to be defined by them and that they also have an ending point. This end point can come with greater lightness and speed.

### **REFLECTIONS TO CONSIDER THROUGHOUT THE WEEK:**

1. Did you feel any different about any of the experiences this week when you worked to take them in fully mindful?

2. Did you experience any powerful moments of discovery during any of the mindful moments?

2. How comfortable or uncomfortable were you with mindful rest?