



# **STRONG MINDS**

5 day mindfulness program  
to strengthen your  
mental resilience

*workbook*



MIND LIFE  
PROJECT

# *introduction*

Mindfulness is about being more present in life. But it's also about bringing presence to how you're living and where you're headed: what makes you happy and what doesn't; what you want more of and what you'd like to let go of so that you're living aligned with your values and maximising joy.

With this in mind, I've put together the following pages to help you reflect on different areas of your life. These coming 5 days offer a great opportunity to take some time to notice where you're currently at, to observe the different areas of your life that might be bringing stress or joy, and to ask yourself what you're most grateful for and what you'd like to let go of so you can move towards greater happiness.



# Day one

## How mindful are you?

Today I'd like to invite you to do a quick test right now to see how mindful you are. Remember that you can't fail this experiment; it's a quick way for you to see that, just like everyone else, your mind gets easily distracted.

1. Allow yourself to sit or lie comfortably.
2. Close your eyes and feel your breath moving in and out of your body.
3. Then, at the end of each outbreath, begin to count.
4. See how many breaths you can count silently to yourself without getting distracted and losing track of the number.

Try it out now and come back to this page when you've given it a go.

**Put the number into the box below, along with any thoughts or observations. At the end of this five day course, do the test again and see if there is a change for you.**

**DAY ONE:**



# Day one

Take some time to work out which areas of your life might be bringing stress, that can be modified, let go of or put on hold for the next 5 days. It might be a project that's bringing more stress than good, a person who is making you miserable, a habit or addiction that you've been meaning to give up, or something else. I'll break this down into life areas to prompt reflection, but don't feel obligated to fill out every box if they don't apply.

## HOME:

## RELATIONSHIPS:

## WORK:

## COMMITMENTS:

## HABITS AND ADDICTIONS:



# Day one

Great. Now I invite you to think about actions you could take this week to improve your mental health. Here are some suggestions: detoxing from social media, exercising, socialising, asking for help where it's needed, booking a therapist, completing a pesky chore, booking a massage, cancelling difficult meetings or commitments, taking a mental health day off work.



# Day two

Learning to be less stressed means getting good at noticing it when it rises up inside of you. When we are not paying much attention to ourselves, we might have the symptoms of stress in our body but not take the time to notice them and pair them up with whatever circumstances in our lives might be triggering it. We must get good at noticing our behaviour in order to change it.

So I invite you to take some time here to list out times in the last few weeks when you've felt "good stress" and "bad stress" as outlined in the course notes, and how it felt inside your body. If you can't remember, start to take notice from today onwards and come back and fill this section out later.

## NORMAL STRESS

## BAD STRESS



# Day three

If you could pick four words to describe emotions you'd like to feel more often, what would they be? Feel free to write them down here and print this out, then stick it up somewhere in your home or office as a visual reminder.

Check in with these feelings regularly and if you fall out of alignment, ask yourself what actions you can take in your life to bring yourself to a place of this desired experience.

1.

2.

3.

4.



# Day three

Now write down five actions you could take in your life in the next two weeks to begin to move yourself toward the emotions or values you listed on the last page. To take this activity even further, you might choose to set a specific deadline on each action.

1.

2.

3.

4.

5.







# Day five

## How mindful are you?

Once again, I'd like to invite you to do a quick test right now to see how mindful you are. Compare your result to day one to see if your ability to focus has improved in these last 5 days.

1. Allow yourself to sit or lie comfortably.
2. Close your eyes and feel your breath moving in and out of your body.
3. Then, at the end of each outbreath, begin to count.
4. See how many breaths you can count silently to yourself without getting distracted and losing track of the number.

**Put the number into the box below.**

If you haven't seen any changes, don't worry. Mental strength can take more time than 5 days to build.

**DAY FIVE:**



Thank you for joining us for this course. We hope it has been illuminating. Please remember that mindfulness has the most powerful benefits when it's practiced regularly.

We offer various programs to support your ongoing journey with mental strengthening, including Mindful in May: an initiative to get people all around the world meditating for just 10 minutes every day in May, while also raising money to help stop our climate crisis.

Find out more at [www.mindfulinmay.org](http://www.mindfulinmay.org).

