

September Activity Cards - Week #2

6. How contained and connected to yourself do you feel right now?

(Contained means you feel in control of your inner resources. Connected means you feel compassion for yourself.)


visible
self

7. What is the tone of your feelings right now? Positive? Pessimistic?

Is it different from those around you?


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self

8. Look back on your thoughts in the last hour.

Has your attention been with your own experience? Or the imagined experience of others?


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self

9. Pay attention to your feelings about being with others today.

Is it stressful to be around people who may disagree with you?


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self

10. Look for moments where you desire agreement from others today. Are there a lot of those moments?


visible
self



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MINDFULNESS TO YOUR DOORSTEP

These are digital versions of the printed prompt cards that are included in your Monthly Box. Keep one card in your phone case, wallet or pocket (or wherever you will encounter it frequently), and read/consider it for a few moments, ideally five times per day. Use the cards for the above referenced week, on five of the seven days in that week. See the Introduction Letter for more information and guidance.