

THE  
MINDFULNESS  
*Workbook*



# Mindfulness

AWAITS...

Thank you for downloading your copy of the **Mindfulness Workbook!**

Are you ready to feel:

- ✓ **Calmer**
- ✓ **More at ease, and**
- ✓ **Happier?**

(I'm guessing the answer is YES if you are reading this.)

Mindfulness may seem like a trendy buzzword ... but it's actually a concept that has been around for thousands of years.

In fact, mindfulness is MORE than a concept. It's actually a key part of your overall health and wellness.



## WELCOME

Think of it as a superpower that can make everything else BETTER.

In this workbook, we'll explore what mindfulness is (and isn't) ... and do some fun and unique exercises to create more of those magic moments in your life!

Being more mindful can help you set more meaningful goals, and help fuel you toward reaching them. At W3 Fitness (Workouts Without Walls), we know just how important that is!

To your health and happiness,

Carlos Paytá





# MINDFUL *Moments*

Mindfulness is officially defined as:



**“A mental state that’s achieved when you focus your awareness on the present moment, while at the same time noticing and accepting your feelings, thoughts, and bodily sensations without judgment.”**

But what does that really mean?

Let’s take a trip ... Imagine you’re on vacation on a beautiful tropical island. The weather is perfect.

## MINDFUL MOMENTS

You're sitting on the beach with your feet in the warm sand. Overhead, a cozy umbrella is shielding you from the sun's bright rays.

You can smell the coconut scent of your sunscreen. The only sounds you hear are the waves against the shore and the occasional flapping of the umbrella in the warm ocean breeze.

You take a deep breath and as you soak it all in, you feel your mind become quiet.

And just like that, you notice your shoulders drop, your breathing slows, and all the tension melts away.

For a few moments, as you gaze out over the ocean, you feel centered, calm and relaxed.



## MINDFUL MOMENTS

This is usually what we think of when we imagine mindfulness.

And it's not wrong, but...

*you don't have to jet to the tropics to experience that feeling!*

This feeling is available everywhere, from when you're waiting for your coffee to finish brewing in the morning ... to when you're flossing your teeth at night.

It doesn't take WORK to achieve that feeling. (Just the opposite, in fact.)

But it does take **PRACTICE** and **INTENTION.**





Tension

is who you think  
you should be.

Relaxation

is who you are.

- Chinese Proverb

## THE HIDDEN

# Secret

The secret to mindfulness is that there really is no secret!

You don't need access to insider mantras, you don't have to join an exclusive club, and there aren't any special things you need to buy.

BUT ...

Many things in our society can work against mindfulness, which can make learning this skill a challenge.



## THE HIDDEN SECRET

Here are just a few everyday obstacles to mindfulness:

- ✘ **Constantly feeling the need to check your phone or email.** Multitasking, or having your attention being pulled in many directions at once.
- ✘ **Your habits** – including habits in your thinking patterns – like ruminating over past experiences or feeling anxious about the future.
- ✘ **Being overly goal-oriented.** There is no “final destination” with mindfulness. It’s an ongoing process (just like all of your other healthy habits).

Once you experience mindfulness firsthand and feel its immediate benefits, you’ll want to integrate it right into your daily routine.

But when you’re first getting started, it can help to use a few time-tested techniques.

And the good news is that we’ve got several for you to try right in this workbook.





There is something  
wonderfully bold and

*Liberating*

about saying yes to  
our entire imperfect  
and messy

*Life.*

- Tara Brach



# MINDFULNESS & *Happiness*

This just in: **Scientists have uncovered a link between mindfulness and happiness.** To understand this link, it can help to identify the two key components of mindfulness – awareness and acceptance.

## *Awareness*

This is the act of monitoring or paying attention to your present environment and experience. This is often called being “in the moment.”

## *Acceptance*

This is allowing all your thoughts, feelings, sensations, and even your cravings to be exactly as they are, without suppressing them or making a big deal about them. This is often called “sitting with your feelings.”

## MINDFULNESS & HAPPINESS

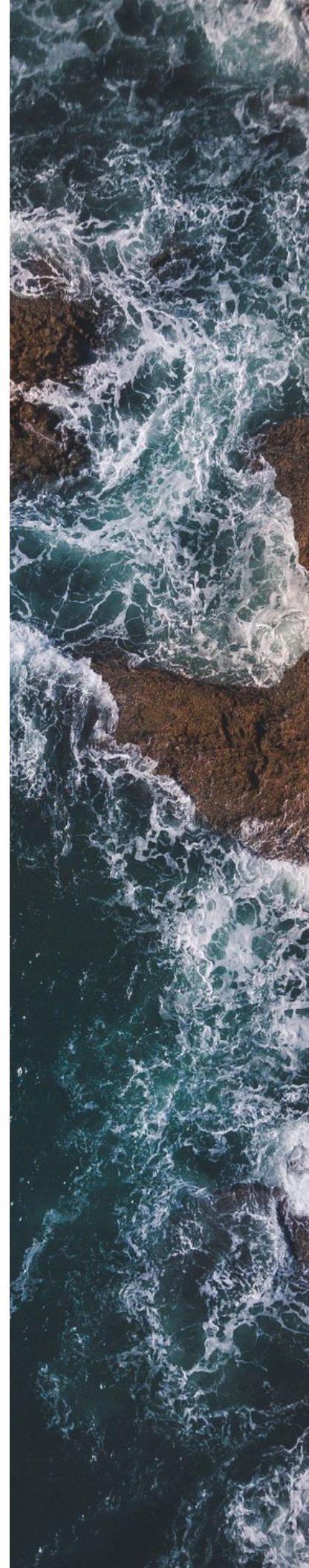
In a study published in the Journal of Personality and Social Psychology, scientists grouped people into two types of mindfulness practice. One group practiced only awareness, while the other practiced awareness AND acceptance. (A third control group did neither.)

At the end of the study, both of the mindfulness groups reported having fewer negative feelings.

BUT ... only the group that practiced both awareness and acceptance reported **more positive feelings**.

This is powerful because it suggests that happiness comes from accepting whatever experiences arise – and not judging or trying to control them.

*Acceptance can have a powerful impact on your well being.*





Live the


*Actual Moment.*

Only this actual moment  
is life.

- Thích Nhất Hạnh

# Simple Tips

## FOR MINDFULNESS

- 
- A person wearing a brown hat, a dark sweater, blue jeans, and a yellow backpack is walking away from the camera on a dirt path. The path is surrounded by green grass and trees with yellow and orange autumn foliage. The background is slightly blurred, emphasizing the person in the foreground.
- ✓ **Start small.** Begin with something easy, like taking 1 or 2 long, slow breaths.
  - ✓ **Place reminders** on your desk, in your home, in your car, or anywhere else you spend a lot of time to prompt you to take a mindful moment. This could be as simple as a pebble or shell you collected on your last vacation.
  - ✓ **Experiment with different techniques.** Try journaling, meditating, doodling, walking, sitting in nature, prayer, or whatever appeals to you!

## SIMPLE TIPS FOR MINDFULNESS

**✓ Find a calm space just for you.**

If you work in a hectic environment or have a busy household, look for a quiet spot to relax. This could mean stepping outside of the office for a few minutes every day ... placing a comfy chair in your bedroom as a personal getaway ... or staking out a corner in your dining room to enjoy a cup of tea.

**✓ Become a listener.** During your next conversation, focus on what the person you're speaking with is saying, vs. thinking about your response.**✓ Put your phone away.** Place it in a drawer, in another room, for a set period of time. Start with just 15 minutes and work up from there. If this isn't possible, simply set your phone aside and don't look at it for a specific period of time.**✓ Be grateful.** Come up with a list of 5 things you are grateful for right now, in this moment.**✓ Perform an act of random kindness (and don't tell anyone).** This is a feel-good exercise for everyone involved.



When you own your  
breath, no one can steal

*Your Peace*

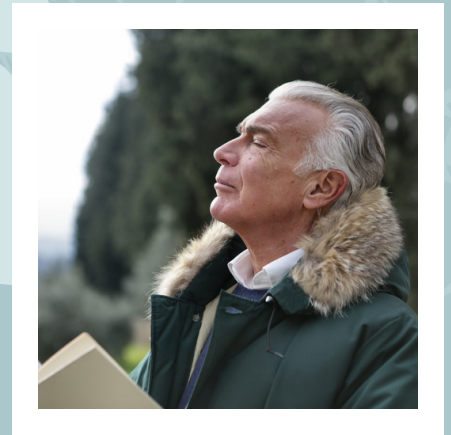
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# Breathing

## & RELAXATION EXERCISES

### Box Breathing



This calming technique has been used by everyone from Navy SEALs to nurses and teachers. It involves controlling both parts of your breath (breathing in AND out) as well as holding your breath to create a response in your central nervous system.

It's called "box" breathing because you do each part of the breath for an equal amount of time (4 counts), as if you are breathing around the sides of a square.

1. To start, sit up straight in a chair, feet flat on the floor.
2. Next, slowly exhale through your mouth as much air as you possibly can, for a total of 4 counts.
3. Now, hold your breath for 4 counts, and then gently and slowly breathe in through your nose for 4 counts.
4. And then hold your breath again, for 4 counts.
5. For a full session of box breathing, you simply repeat the cycle for a total of 4 times through.

## BREATHING & RELAXATION EXERCISES

# Body Scan

This will help you destress from the tips of your toes to the top of your head.

1. Lie on your back with your legs extended and arms at your sides, palms facing up.
2. Feel the floor support the weight of your body.
3. Focus your attention slowly and deliberately on each part of your body, in order.
4. Start with your toes, and then your feet, working up to your ankles, calves, knees, and thighs, and progress slowly up to the top of your head.
5. As you do your scan, notice any sensations, emotions, or thoughts associated with each part of your body, and feel your ribs rise and fall with each breath.
6. Try not to fall asleep!



## BREATHING &amp; RELAXATION EXERCISES



## The "Stop" Technique

This is the simplest technique of all and it can be done almost anywhere for an instant mindfulness break.

- **Stop** what you are doing.
- **Take** a few long, slow breaths to re-center yourself, so you are fully present in the moment.
- **Observe** what's going on in your:
  - Body** – Notice what your senses are picking up – what do you see/hear/smell/taste?
  - Feelings** – Notice how you are feeling emotionally.
  - Mind** – What judgments are you making about your feelings and emotions? Are there any feelings or thoughts you are especially focused on?
- **Proceed** with your day, armed with the insight of what you've noticed during the past minute or so.



Be Where  
You Are

otherwise you will  
miss your life.

- Buddha

# Journaling

## EXERCISES

Journaling can be an easy pathway to create a mindfulness practice. Studies show it can help:

- ✓ **Improve your focus,**
- ✓ **Reduce anxiety and depression,**
- ✓ **Bring awareness to your thoughts,**
- ✓ **Increase positive thoughts & feelings,**
- ✓ **Cut down on negative thoughts & feelings, PLUS ...**
- ✓ **It's easy to do,**
- ✓ **It's portable, and**
- ✓ **The only cost is the price of a notebook and pen!**

We've included several journaling exercises in this workbook. Remember: journaling is for your eyes only, and there's no "right" or "wrong" way to do it.





# FREEWRTING EXERCISE



A series of horizontal lines for writing, consisting of 25 evenly spaced lines that span most of the width of the page.



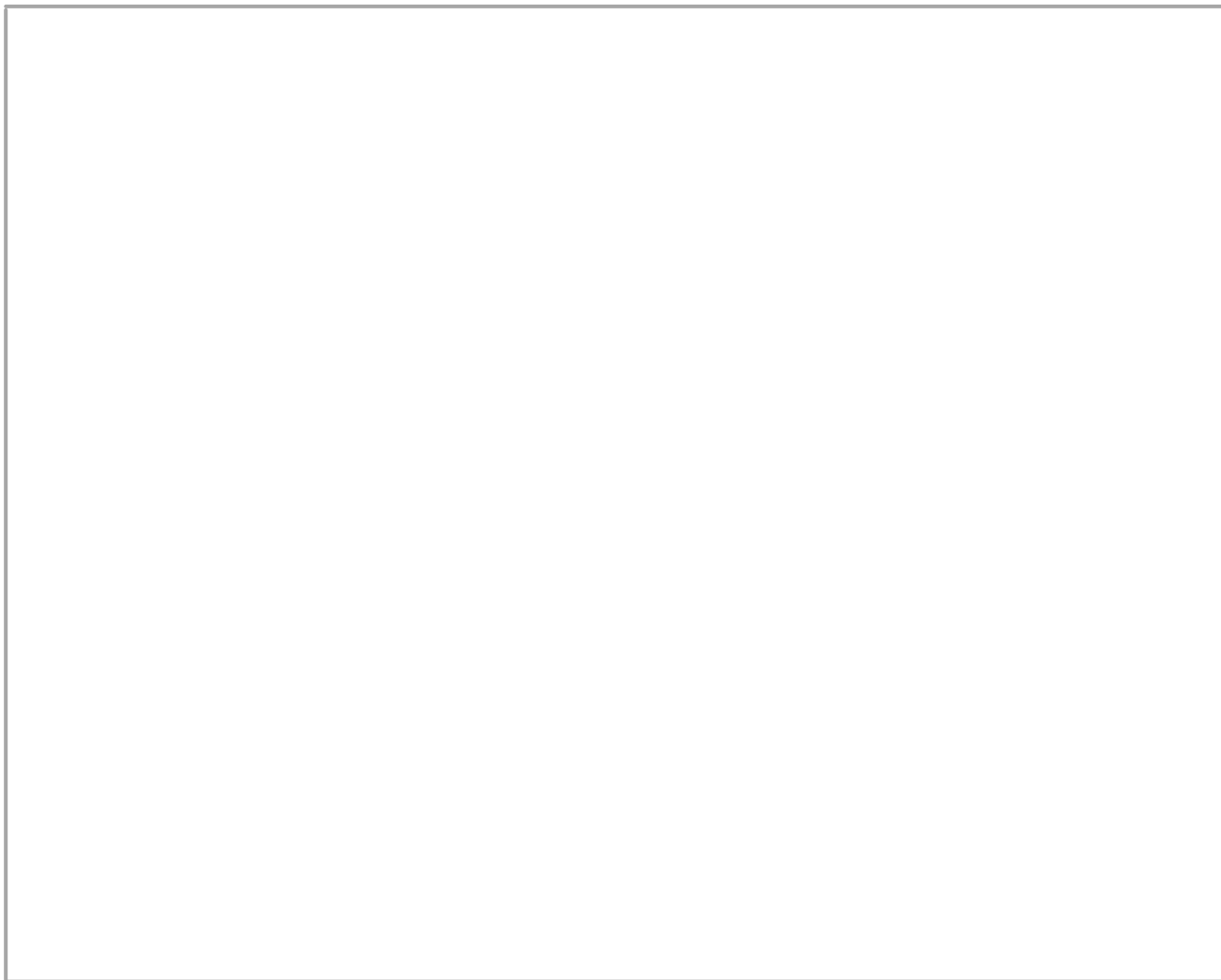




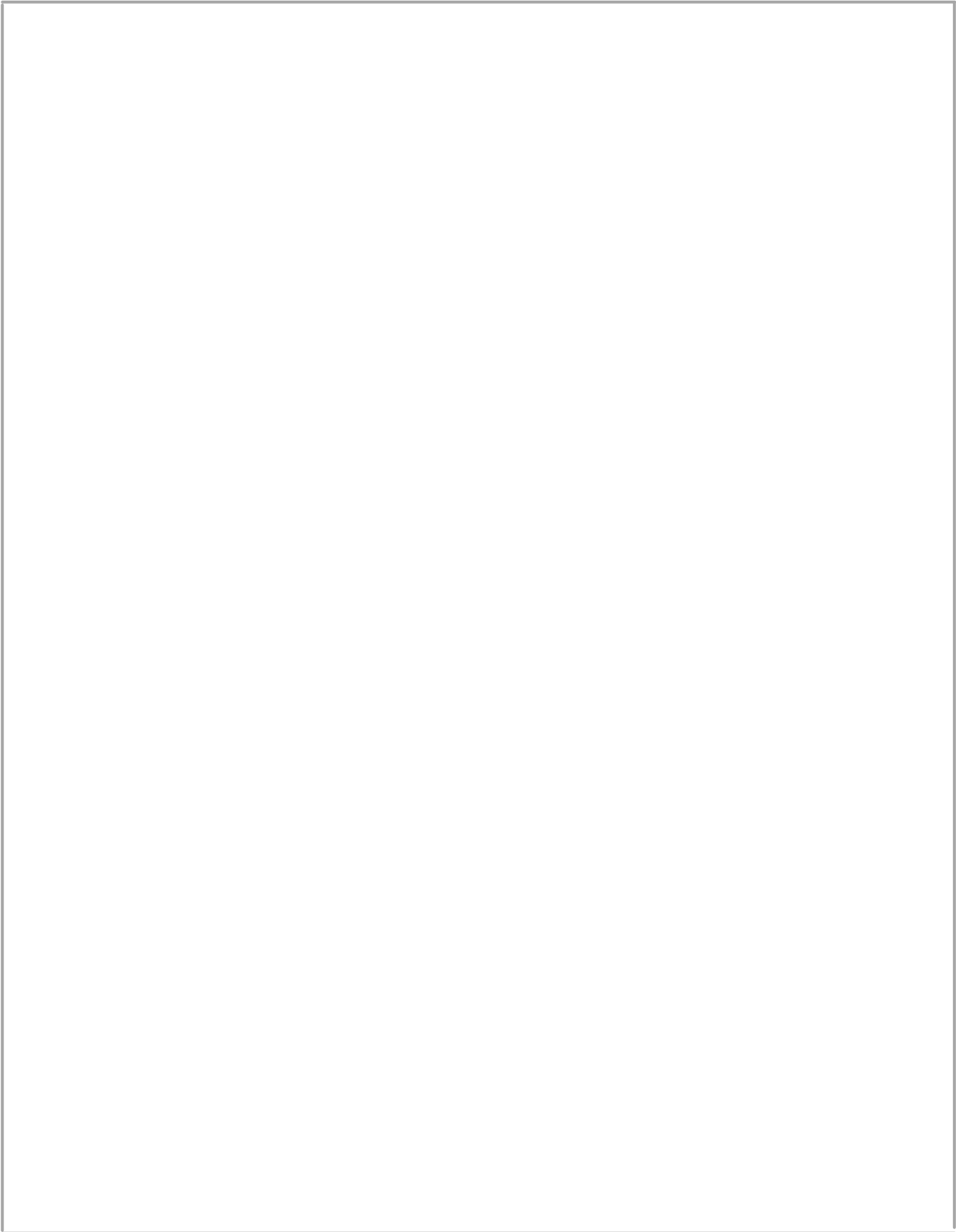
# Mindful ART



Do you doodle? Drawing can help you destress and improve your focus. Use these pages to draw, sketch or doodle whatever comes to mind.



MINDFUL ART





# Compliments

TO YOU!

What are 10 things you like about yourself RIGHT NOW. Why do you like them? How have these traits served you?

1

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2

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10

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# IT'S ALL *Connected*

We hope this workbook has helped you find a spark of mindfulness and connection!

It truly can help you refocus and connect with your "why" - which in turn can help you build on your healthy habits with more ease and clarity.

As a special thank you for downloading this workbook, we have a special gift for you



**6 Weeks of  
Fitness for  
\$97!**

Simply email me at  
[carlos@w3fitness.com](mailto:carlos@w3fitness.com) to redeem.

*Carlos Payte*