



# What is the Living Minutes Program?

An Introduction to the Living Minutes Lifestyle

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[www.LivingMinutes.com](http://www.LivingMinutes.com)

LM!

# Living Minutes = Mindful Living

- Stress and anxiety have become a pandemic in our society
  - We simply “worry” too much
    - We worry about what we did
      - “I cant believe I sent that text...”
      - “I really shouldn’t have acted that way...”
    - We worry about what we will do
      - “I really dread going to work tomorrow...”
      - “I need new tires on the car...”
- Mindful Living has been proven to reduce/eliminate these stressors
  - You live in the moment (Live Mindfully Now!)
  - Living Minutes assists you in reclaiming control of your life
  - Reduce stress & anxiety, have sharper focus, rekindle your passion for life, manage life harmony, sleep better, improved communication & relationships, etc.

# Who the heck am I to try to tell you how to live...

- I'm just an average person who grew up in the middle of nowhere, with big dreams and hopes in life...
- I grew up in PA, first to go to college, got the bug and went to grad school before becoming a professor – trying to stay in academia forever!
- I stay busy. I do a lot.
  - Work full-time
  - Own my own businesses
  - Volunteer as much as I can
  - I have plenty of hobbies that I keep up on
  - I read and study a lot
  - Still have time for the essentials – family, relax, moderate exercise, etc.
- How do I do all of this? Through Mindful Living with the Living Minutes!

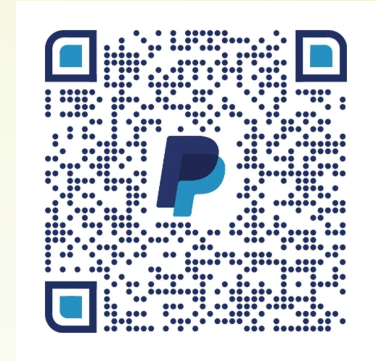


# The Challenge - Overview

- **Week 1** : You'll learn how to use Living Minutes to begin reclaiming your life!
- **Week 2** : You'll learn about mindful living through Mindful Moments and Nurturing Meditations.
- **Week 3** : Learn how to attain and maintain Life Harmony and graduate as a Life Lieutenant!



# Help me help others

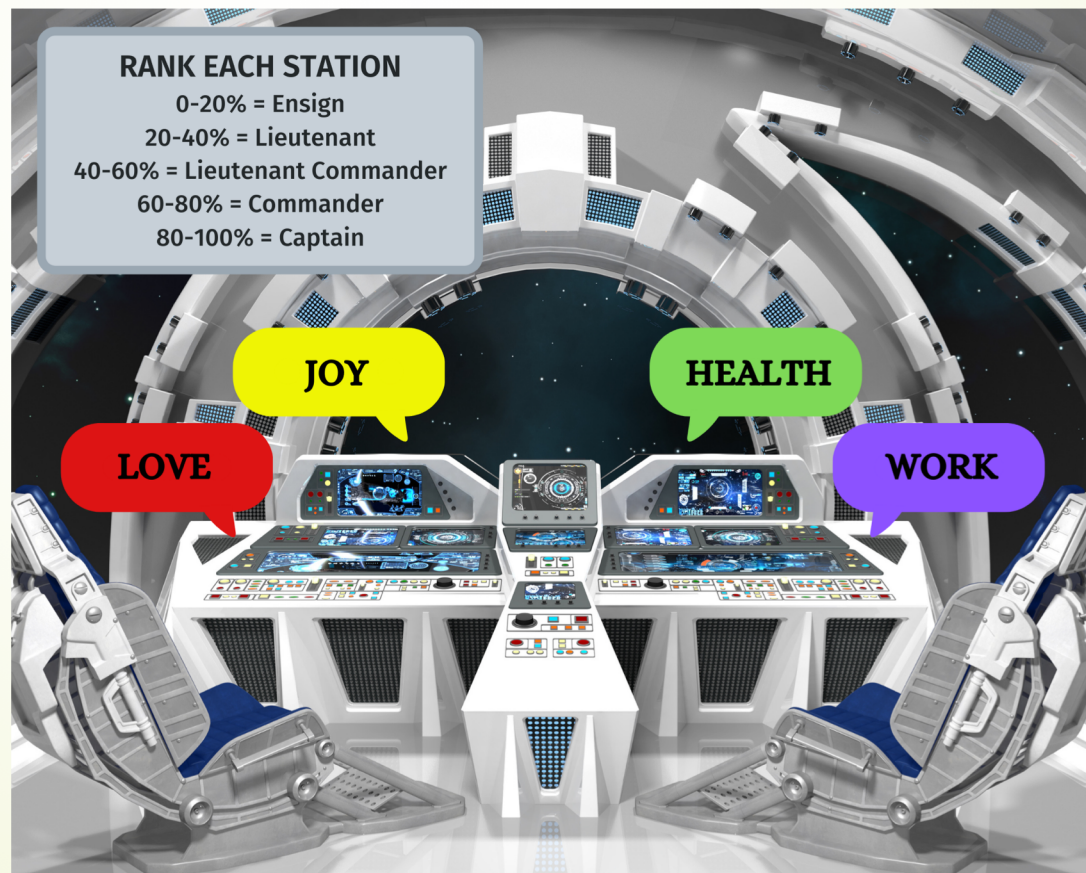


- Please consider pausing the video and making a donation
- I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- I have spent thousands of hours studying mindfulness and preparing all of this content
- I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, publish books/guidebooks, and advertise these services
  - Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!

# Your Mission

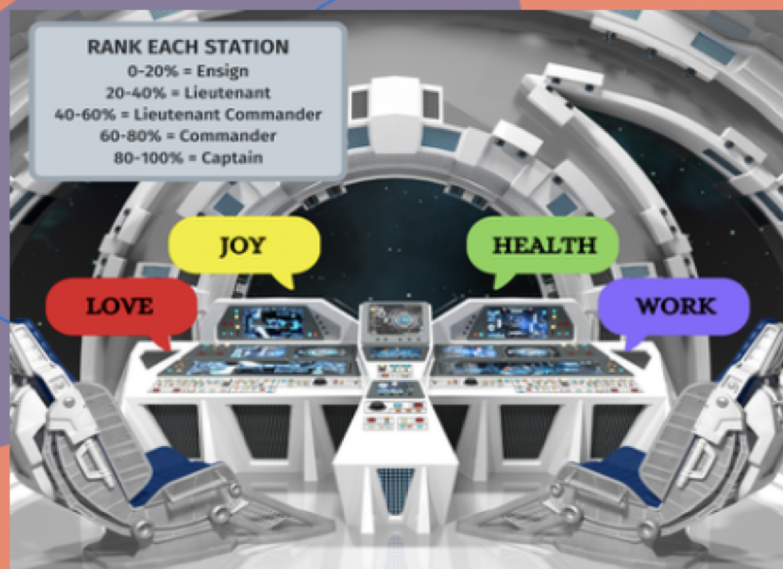
## ➡ Before we begin, let's Self-Assess

- Take the Self-Assessments outlined in the guidebook *Mindfulness On The Go*, available at [LivingMinutes.com](http://LivingMinutes.com). This is also a great guidebook to use during this 3-week challenge. The self-assessments are included on the next slide for your convenience.





# Self-Assessment



Before we begin, I'd like to do a couple of self-assessments. The first one tasks you in providing a rough evaluation of four basic pillars of life. Assign a rank to each station (Ensign is lowest) above based on how well you believe you're doing in each category, measured on how fulfilled you feel in that pillar. This helps us identify which areas of your life need the most attention.

Once you have finished this, turn the page and do a second assessment. While your results should be similar, the second assessment breaks down each category a bit more to help narrow down specific challenge areas.

## Life Harmony Assessment



**Rank each question below from 1-5**

1 = completely disagree; 2 = largely disagree; 3 = sounds about half right; 4 = largely agree; 5 = completely agree.

1. I have a firm handle on my responsibilities at home?
2. I have a firm handle on my responsibilities at work?
3. If I need help with something, I'm not afraid to ask.
4. I am happy with my close relationships in my life.
5. I have well-defined, clear priorities in my life.
6. I exercise regularly.
7. I am able to effectively manage work place stress.
8. I am able to effectively manage home stress.
9. I often find myself smiling
10. I don't often work beyond my normal work hours.
11. I have a social and support network beyond my immediate family.
12. I take time to do activities that give me pleasure.
13. I am kind and considerate to those around me.
14. I have good financial security, including money in savings and decent credit.
15. I have a vacation or day-off activity planned.
16. I see my physician regularly.
17. I volunteer my free time on a regular basis.
18. I feel free to live my life my way.
19. I eat healthy for most of my meals.
20. I love myself.

### Scores:

20-40: Your life harmony is not very harmonious. If you don't want to remain an Ensign forever, it's time to sign up to become a Life Captain ASAP!

41-60: You're well on your way to achieving decent life harmony, Lieutenant, but you've still got a lot to learn. With my guidance, you'll be a Life Captain in no time!

61-75: Nice job, Lieutenant Commander! You've got a firm grasp on life harmony and just need to master the skills you've already picked up on your own. You'll be a Life Captain in no time with help from Living Minutes Academy.

76-90: As a Life Commander, you're just about ready to navigate the rough waters of Life. Hone your skills with some individualized instruction or advanced coursework and you'll be a solo Life Captain before you know it.

91-100: You're already a Life Captain - that's quite impressive! All the best Life Captains know that learning is a lifelong duty. Sign up and learn a thing or two from a fellow Life Captain.