

# Focus for Day 36 , March 6: I AM MINDFUL

*“Mindfulness is paying attention to the present moment with intention, while letting go of judgment as if your life depends on it.”* Jon Kabat-Zinn,  
Stress Management Researcher

Being mindful means to live as fully as I can in the present moment.

As a result, I let go of thinking about the past or focusing on the future. I enjoy what is without hanging on to it, nor fearing it will always be this way.

As meditation teacher, Amit Ray, says: *“Life is a dance. Mindfulness is witnessing that dance.”* I put on my dancing shoes to live well, love well and to let go of the rest.

## Reflection Questions:

- ❖ To what degree am I mindful throughout the day to live as fully as I can?
- ❖ What supports me to stay focused on the present moment, rather than the past, or the future?
- ❖ How do I enjoy dancing with life in a mindful way?

## Action Step:

*I pay attention to living in the present moment. I practice being more mindful about: \_\_\_\_\_*

# Focus for Day 37, March 7: I AM GRACIOUS

*“She was courageous enough to make mistakes, wise enough to forgive herself for them and gracious enough to overlook those same mistakes in others.”* Cindy Ratzlaff, Author & PR Consultant

Entrepreneur Kevin Daum says a gracious person and leader demonstrate these 5 qualities:

1. Shows empathy and respect
2. Is discrete and thoughtful
3. Listens and pays attention
4. Expresses appreciation and gratitude
5. Forgives and recognizes our common humanity.

May we be leaders in graciousness.

## Reflection Questions:

- ❖ How do I express a kind and courteous spirit towards others?
- ❖ What reminds me to be gracious when I am tempted to be rude?
- ❖ How will I lead others with more graciousness?

## Action Step:

*I will be more gracious today, such as holding the door open, speaking politely to service staff, or by: \_\_\_\_\_*

# Focus for Day 38 , March 8: I AM KIND

*“View your life with ‘KINDSIGHT.’*

*Stop beating yourself up . . . Ask a kinder question:*

*‘What was I learning?’”*

**Karen Salmansohn, Oprah Columnist**

I struggle to be kind, especially to those who have hurt me.

Yet, a wise voice invites me to consider what I could learn from what happened. What would be a kinder response—even a tiny step in a positive direction?

Like the small seed, a tiny kernel of kindness can expand and blossom into a big and beautiful sunflower.

## Reflection Questions:

- ❖ How would my life be different if I viewed myself and others through kindness instead of judgment?
- ❖ Whom do I need to be kinder to?
- ❖ How will I show more kindness today in what I say, how I say it as well as how I behave?

## Action Step:

***I will practice kindness by speaking to myself, and others, with a kinder tone. I will be kinder to: \_\_\_\_\_***

# Focus for Day 39 , March 9: I DIALOGUE

*"In true dialogue,  
both sides are willing to change."*  
Thich Naht Hahn, Buddhist Monk

Marshall Rosenberg, founder of the Center for Nonviolent Communication (NVC), suggests that deep listening with empathy opens the door to dialogue.

There are four major parts of NVC:

1. **OBSERVE:** Notice, without judgment, what the other does or doesn't do that affects me.
2. **FEEL:** Recognize how I feel about this behavior and what need is triggered.
3. **IDENTIFY THE NEED:** Recognize the underlying desire. Common needs include: connection, physical well-being, autonomy, play and purpose.
4. **REQUEST:** Ask specifically (not demand) what I would like, rather than focus on what I do not want.

To open more dialogue, practice this example:

*I see that \_\_\_\_\_. I am feeling \_\_\_\_\_. I am needing \_\_\_\_\_. Would you be willing to: \_\_\_\_?*

## Reflection Questions:

- ❖ To what degree do I practice deep listening and clarify what is desired, without judgment?
- ❖ How will I recognize and explore ways to meet the underlying needs that open the door to dialogue?
- ❖ What reminds me to state clear requests about what I would like, rather than to make demands?

## Action Step:

*I practice nonviolent communication to open the door for mutual dialogue, especially with: \_\_\_\_\_*

# Focus for Day 40 , March 10: I PROMOTE UNITY

*“Christian, Jew, Muslim, Shaman, Zoroastrian,  
stone, ground, mountain, river, each has a secret  
way of being with mystery—  
unique and not to be judged.”*  
Rumi, Persian Poet & Sufi Mystic

Each of us is like a unique tree. Our branches are how we express our individuality and differences. By nourishing our roots, we discover that we are watered by a common underground river.

The mystical tradition bonds believers together from a wide variety of spiritualities. We are invited to tap into a larger mystery that unites us all. In this universal experience, we celebrate what unites us, rather than what divides.

## Reflection Questions:

- ❖ What encourages me to discover the common underground river that nourishes our individual roots?
- ❖ How do I recognize and celebrate unity in the midst of diversity?
- ❖ In what ways will I promote greater unity within my family, work, community and in the world?

## Action Step:

*I look beyond outer differences to celebrate what we share in common, especially with:\_\_\_\_\_*

# Focus for Day 41 , March 11: I AM OPEN

*“The mind is like a parachute. It works best when it is open.”* Dalai Lama

Nothing with God is impossible. When I am open to allowing the Spirit to flow through me, I am blessed and powerful beyond measure.

My mind does not distinguish between what is real or vividly imagined. By actively rehearsing how I want to behave, I create new brain pathways. This opens up new ways of thinking, feeling and behaving.

## Reflection Questions:

- ❖ To what degree am I open to considering feedback from others as well as exploring new possibilities?
- ❖ What increases my willingness to be a clear conduit of God’s grace in the world?
- ❖ How will I open myself up to new ways of thinking and behaving?

## Action Step:

*I am open to possibilities. I consider other points of view, especially about: \_\_\_\_\_*

# Focus for Day 42 , March 12: I AM ACCOUNTABLE

*I am not a product of my circumstances,  
I am a product of my decisions."*

**Stephen Covey, Author of *The 8<sup>th</sup> Habit***

Partnership experts, Gay and Katie Hendricks, invite me to accept 100% response-ability for my life—how I think, feel and behave. I make decisions throughout the day that either support accountability, or blame others for what I am experiencing.

In addition to accepting response-ability for myself, I am also accountable to our global village. I am linked to others through our shared economic, political and ecological realities.

Local decisions can create an international ripple effect. Therefore, I expand my circle of accountability to think globally, while acting locally.

## Reflection Questions:

- ❖ To what degree do I accept response-ability for my life?
- ❖ How will I bridge any lapses in being totally accountable?
- ❖ How do I expand my circle of accountability—both locally and globally?

## Action Step:

***I accept 100% accountability for my thoughts, words and actions. I will make amends to bridge any gaps by: \_\_\_\_\_***