

The information in this presentation is borrowed from many places, much from Hal Elrod's Book "The Miracle Morning for Entrepreneurs"



Your first ritual that you do during the day is the highest leveraged ritual by far; because it has the effect of setting your mind, and setting the context, for the rest of your day.  
-Eban Pagan



- DonnaLisa Albini-Knowles
- Coach, Your Coaching Matters





## The mindset of Mindfulness and Meditation

Using mindfulness and meditation to visualize your success is a powerful way to begin your day. Even if you have tried and failed in the past, it's TIME NOW to go for it again!

To teach you how to begin your day in a way that supports your goals, we will use first two steps of the Life SAVERS, created by Hal Elrod in the book "The Miracle Morning for Entrepreneurs."

The steps are Silence and Affirmations and we will use them alongside mindfulness and meditation to create your BEST morning ever.

# The Definition of Mindfulness

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Mindfulness is a quality that every human being already possesses, it's not something you have to conjure up, you just have to learn how to access it.



Mindset also be defined as the accumulation of beliefs, attitude, and emotional intelligence.

In her best-selling book, “Mindset: The new Psychology of Success,” Carol Dweck, PHD explains, “For twenty years, my research has shown that the view you adopt of yourself profoundly affects the way you lead your life.” Show me a great entrepreneur and I’ll show you someone with a great mindset.

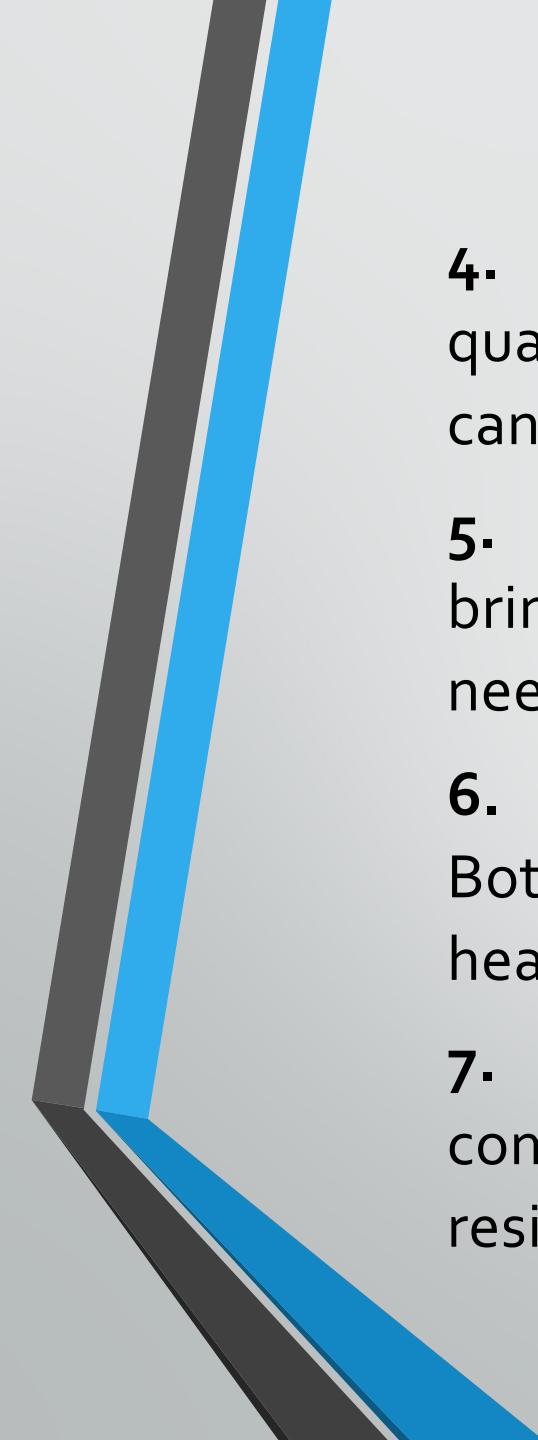


# Facts about Mindfulness

- 1. Mindfulness is not a special added thing we do.** We already have the capacity to be present, and it doesn't require us to change who we are. But we can cultivate these innate qualities with simple practices.
- 2. Mindfulness is not obscure or exotic.** It's familiar to us because it's what we already do, how we already are. It takes many shapes and goes by many names.
- 3. You don't need to change.** Solutions that ask us to change who we are or become something we're not have failed us over and over again. Mindfulness recognizes and cultivates the best of who we are as human beings.







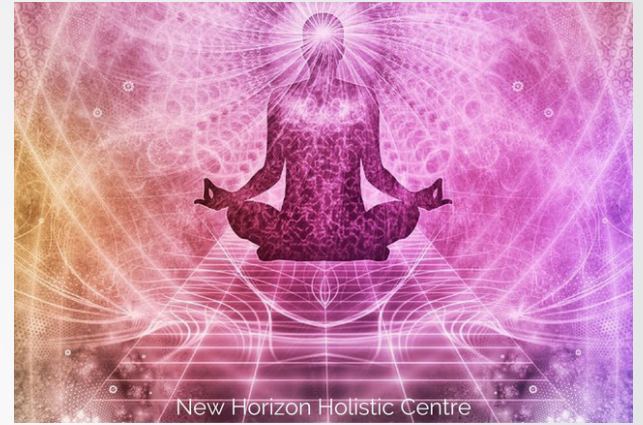
**4. Anyone can do it.** Mindfulness practice cultivates universal human qualities and does not require anyone to change their beliefs. Everyone can benefit and it's easy to learn.

**5. It's a way of living.** Mindfulness is more than just a practice. It brings awareness and caring into everything we do—and it cuts down needless stress. Even a little makes our lives better.

**6. It's evidence-based.** We don't have to take mindfulness on faith. Both science and experience demonstrate its positive benefits for our health, happiness, work, and relationships.

**7. It sparks innovation.** As we deal with our world's increasing complexity and uncertainty, mindfulness can lead us to effective, resilient, low-cost responses to seemingly insurmountable problems.

## Types of Mindfulness Practice



While mindfulness is innate, it can be [cultivated through proven techniques](#).

Here are some examples:

1. [Seated](#), [walking](#), standing, or [moving](#) meditation (it's also possible [lying down](#) but often leads to sleep);
2. Short pauses we insert into everyday life; (waiting in line, waiting to pick the kids up from school, waiting for...)
3. Merging meditation practice with other activities, such as [yoga](#) or [sports](#). Can you think of some activities you might enjoy combining with mindfulness?



## The Benefits of Mindfulness Practice

When we meditate as a form of mindfulness practice, we don't need to fixate on the benefits, but rather to just do the practice, and yet there are benefits or no one would do it.

When we're mindful, we reduce [stress](#), enhance [performance](#), gain [insight](#) and [awareness](#) through [observing our own mind](#), and increase our attention to others' well-being.

Mindfulness meditation gives us a time in our lives when we can suspend [judgment](#) and unleash our natural [curiosity](#) about the workings of the mind, approaching our experience with [warmth and kindness](#)—to ourselves and others.





## SILENCE

When the clutter and chaos of the day is already in your mind as you wake up and begin your day, things can get off to a rocky start.

When you are silent, it opens space for you before you encounter anyone else. The benefits are extraordinary and can bring you much needed clarity and peace of mind so you bring your best self to any interaction. Practicing silence can help you reduce your stress, improve cognitive performance, and become confident at the same time.



## **Silence does not mean your internal dialogue is turned off!**

In fact, that's nearly impossible to do without years and years of practice. Instead, create as much silence outside of your own body as possible, and then use mindfulness to quiet the mind. A wonderful meditation technique I use is called "see, hear, feel." It uses a tool called "noting."

## See, Hear, Feel Technique

“See Hear Feel” is one of the standard techniques in Unified Mindfulness (formerly Basic Mindfulness). Unified Mindfulness is a modern, evidence-based system of mindfulness created by Shinzen Young, an American mindfulness teacher and neuroscience research consultant.

Julianna Raye – CEO and Head Trainer of Unified Mindfulness is the person who I learned the technique from.

However, you can use any meditation technique that you enjoy. The BEST meditation is the one YOU WILL USE.

I love See Hear Feel because it can be done eyes open or closed, for a moment or hours. It offers extreme flexibility and I find it easy to do.

See can be with your eyes (see OUT) or your minds eye (see IN)

Hear can be a sound outside of yourself (hear OUT) or internal dialogue (hear IN)

Feel can be a physical feeling or an emotion.

You simply notice and note. Spend about a second or two whatever caught

## Affirmations

Hal Elrod has created four steps to take in order to create powerful, meaningful affirmations

### Step 1

Start by writing down a specific, extraordinary result or outcome, one that challenges you, would significantly improve your life, and one that you are ready to commit to creating – even if you are not sure how you will do it. Then reinforce your commitment by including your why, the compelling reason you're willing to stay committed.

For example, I am committed to doubling my income in the next 12 months, from \$xxx to \$xxx, so that I can provide financial security for my family.



## Step Two:

Writing an affirmation that merely affirms what you want without affirming what you are committed to doing is one step above pointless and can actually be counterproductive by tricking your subconscious mind into thinking that the result will happen automatically and without effort.

Action: Clarify the specific action, activity or habit that is required for you to achieve your ideal outcome, and clearly state when and how often you will execute the necessary action.

Example: To ensure that I double my revenue and profit, I am committed to doubling my daily prospecting calls (from 20 to 40 calls) 5 days a week, between 8 a.m. and 9 a.m. NO MATTER WHAT.





### Step 3:

Recite your affirmations every morning with emotion! Remember that your affirmations are not designed only to make you feel good.

These written statements are strategically engineered to program your subconscious with the mindset you need to achieve your desired outcomes while directing your conscious mind to keep you focused on your highest priorities and taking action that will get you there.

For your affirmations to be effective, however, it is important that you tap into your emotions while reciting them. Mindlessly repeating an affirmation without intentionally feeling it's truth will have minimal impact for you.

You must take responsibility for generating authentic emotions, such as excitement and determination, and powerfully infuse those emotions in every affirmation you recite.



## Step 4

### Constantly Update and Evolve Your Affirmations

As you continue to grow, improve and evolve, so should your affirmations. When you come up with a new goal, dream or any extraordinary result that you want to create for your life, add it to your affirmations.

## Putting it all Together

What if you could start your day with an hour (or as much time as you can set aside), for peace and quiet? An uncluttered mental space where you could regain your sense of calm focus, where you're in total control and can proceed in an orderly, self-nurturing fashion? Now you can!

Start with silence & meditation using See Hear Feel or any other technique you love, and then move into powerfully declaring your affirmations out loud with energy and emotion!



There are many useful apps that make this super easy to do!

Headspace-Mindfulness app that lets you choose what you want to focus on.

Calm – allows you to set a personal goal, for example – reduce anxiety, reduce stress, etc. and recommends programs based on your specific situation.

Omvana – Everyday mindfulness and meditation for stress, anxiety, sleep, etc.

Simply Being – Guided meditation for relaxation and presence.

Insight Timer- MY FAVORITE! It's mostly a meditation app but offers yoga, affirmations, and more!

Headspace – access meditations, sleep sounds and music to help you focus and more.

ThinkUp- you can record your affirmations in your own voice! Very powerful!

Shine – This is an app that focuses on breath work. It offers an opportunity to track your current mood and offer gratitude.

WOW! This is a very small sample of what's available to you.