



# Precious Present Practice



Nov. 27 – Dec. 24, 2023

**Gift yourself with regular practice to pause for self-care, mindfulness, & savoring the Equally True gifts of the present moment: gratitude, joy, love, and playfulness!**

The busy-ness of our lives gets especially overwhelming at the holidays. Want to learn to boost your resilience to the disruptions that come with life, work, and relationships? Or the agitation of political unrest? Or the annoyance of unreasonable expectations or worry? Or the anxiety of financial insecurity? Combined, these challenges may interrupt appreciation of the gifts of the season that are still there. To guard and sustain your inner peace, gift yourself first with Mindful Pause skills for resilience and well-being:

**STOP...Breathe...Think...and Choose** to gift yourself with alignment with the always present and equally true gifts of **gratitude, joy, love, and playfulness.**

Over the course of 4-weeks, the self-care practices are designed to help you recognize and savor the “equally true” in all our moments. Even in the presence of challenge, frustration, and upset, we can savor gratitude, joy, love, and playfulness to preserve our well-being. No doubt, life has its challenges...enduring a long/dark winter, the commitments of the holidays, and other challenging life events. And we may grow weary. But savoring the equally true helps preserve energy and mood...guiding us...

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*To become a master of our moments...not a victim of our day. – Coach Cami*

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With this mastery, **we become the gift** when we reflect these emotions back into the world through our work, relationships, and charitable giving.

## **How do I get started?**

- Use this guide to practice a pause and track your practices each week.
- Create your own symbol or item, ie. a bow, wrapped gift, or image that can be reminder of your intentions.
- “Be the gift” by doing/being good for others in a way that is meaningful to you.

## **Savor the precious present: inner radiance of gratitude, joy, love and playfulness**

Practice a mindfulness activity and cultivate positivity for at least 20 minutes daily. This can be done all at one time...or spread out over the course of a day...5 minutes in morning, 5 at noon...5 at end of the workday...5 before bed – or any combination to accumulate 20 minutes of inner radiance that protects and restores. Each week will have suggested practices. For additional resources and tips visit: [www.guidedresilience.com](http://www.guidedresilience.com)



## Week One Nov. 27 – Dec. 3: Gratitude

### STOP...Breathe...Think...Choose: Gratitude

We begin the Precious Present Practice with a focus on Gratitude. As we head into the Thanksgiving holiday, pause for a few moments to savor the blessings in your life. This week's mindfulness practice invites you to cultivate gratitude. Make Thanksgiving a week long holiday! Gratitude has been shown to elevate mood, ease anxiety and depression, and improve sleep. Integrate gratitude into your day to achieve your 20 minutes of mindfulness goal.

#### Gratitude Practices:

- Infuse your day with gratitude with a Mindful Pause. Stop, breathe, and think by recalling one of your blessings and allow it to grow the sense of gratitude in your body, mind, and spirit. For an audio guide of a Mindful Pause visit: <https://guidedresilience.com/mindful-pause-meditation/>
- Practice the 3 Blessings Exercise as a self-care practice at the end of your workday: Simply pause to savor (even better – journal) 3 things that went well during your day and why. Savor and describe each blessing in a thorough but casual way.
- Write a thank you note to a friend or colleague. If you have children, invite them to craft a thank you note for a teacher, coach, or friend.
- Try this [Movement Meditation of the Blessing Bowl](#) or <https://guidedresilience.com/blessing-bowl-practice/> to cultivate a mind, body, spirit of gratitude.
- “Be the gift” by doing/being good for others in a way that is meaningful to you.

Gratitude is recognized as a very powerful mind/body emotion that can help you shift the energy and/or mood of your day. Gift yourself with the precious present of gratitude this week!

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*“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” – Melody Beattie*

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Put a checkmark on the days that you practice a Precious Present of gratitude found in this newsletter (or one of your own). If practicing 5-minutes at a time, consider tallying your 5-min pauses each day.							
Strategy for Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Savor Gratitude							

***Try to accumulate 20 minutes over the course of your day to practice mindfulness and cultivate gratitude.***



## Week Two Dec. 4 – 10: Joy

### STOP...Breathe...Think...Choose: Joy!

Bring mindfulness to simple pleasures this week to discover unexpected joy there. Savoring joy elevates mood, gives a boost to the immune system, and alleviates anxiety. Joy can even be an “emotional contagion” that spreads to others! Joy is one contagion worth sharing. So be intentional and generous as you sprinkle joy through your day!

Insert a joy practice every 60-90 minutes to feel refreshed and shift your mood and energy level. The joy practices below can be effective when practiced for as little as 2-5 minutes.

Set a reminder to gift yourself with self-care. Choose from the list below to cultivate joy this week:

- Watch the sun rise or set – savor the beauty.
- Try smiling when engaging with people. Just the posture of a smile triggers body changes that elevate our mood. When people see a smile, they feel it in their heart too! So, shift your mood and other’s by smiling...even during mundane or challenging tasks. SHIFT happens!
- For a daily dose of just “Good News” go to [www.goodnewsnetwork.org](http://www.goodnewsnetwork.org)
- Move into joy! Dance, ski, or attend a fitness class.
- Schedule a coaching session ([cami@guidedresilience.com](mailto:cami@guidedresilience.com)) to gain clarity on your own unique path for mobilizing more joy and vitality in your life.
- Decorate your home in ways that radiate the joy of the season for you!
- “Be the gift” by doing/being good for others in a way that is meaningful to you.

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*“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” ~ Thích Nhất Hạnh*

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Put a checkmark on the days that you practice the Precious Present of Joy for at least 20 minutes with one of the examples above (or one of your own.) If practicing 5-minutes at a time, consider tallying your 5-min pauses each day.

Strategy for Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cultivate Joy							

**Try to accumulate 20 minutes over the course of your day to practice mindfulness and cultivate joy.**

For additional tips and resources visit: [www.guidedresilience.com](http://www.guidedresilience.com)



## Week 3 Dec. 11 - 17: LOVE

### STOP...Breathe...Think...Choose: LOVE!

This week we are mindful of cultivating love in our heart. Loving-Kindness Meditation (LKM) is a practice that connects us to love and helps us grow love for self and others. This practice has immense benefits: dissolves barriers in our heart that create separation between ourselves and others, improves concentration, transforms fear and negativity into courage and kindness, and we learn to care for and love all beings...including yourself! The practice invites you to extend a blessing to a series of targets. The blessing can be very simple:

*“May you be healthy. May you feel loved. May you be protected from inner and outer harm.”*

During your meditation, imagine the well-wishing traveling to the person and see them feeling your blessing. Spend time with each of the following:

- **Loved One** – someone who calls up easy and uncomplicated feelings of love.
- **Self** – YOU! Picture yourself and extend the blessing to yourself.
- **Neutral Person** – someone you may not know well or with whom you find no strong positive or negative feelings. Or this could be a group of people.
- **Difficult Person** – this is where the practice can become challenging. Focus on someone of challenge to you – or a group of people or a difficult situation. Hold the same intensity of love throughout.
- **Finish with a focus on all living things.** Let the radiance of love extend to the ends of the universe.
- **For a guided meditation, visit the resources page of my website.**

Additional practices to cultivate love:

- Call a loved one or friend for conversation.
- Practice a random act of kindness toward a stranger, friend or loved one.
- Wrap holiday presents mindfully...extending a blessing to each person as you wrap their gift.
- “Be the gift” by doing/being good for others in a way that is meaningful to you.

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*“While infused with love you see fewer distinctions between you and others. Indeed, your ability to see others – really see them, wholeheartedly springs open.” ~Barbara Fredrickson, researcher, author, Love 2.0*

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Put a checkmark on the days that you practice the Precious Present of LOVE by one of the examples above (or one of your own). If practicing 5-minutes at a time, consider tallying your 5-min pauses each day.

Strategy for Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Loving-kindness							



*Try to accumulate 20 minutes over the course of your day to practice mindfulness and cultivate love.*



## Week 4 Dec. 18 - 24: Play

### STOP...Breathe...Think...Choose: Play!

This week we are mindful of enjoying the playful spirit of the season.

*“Play is a state of mind, rather than an activity”. – Stuart Brown, author of *Play: How it shapes the brain, opens the imagination, and invigorates the soul.**

- Play OUTSIDE! snowshoeing, downhill or Nordic skiing, hockey, snowmobiling, ice-fishing, build a snow fort or go sledding or ice-skating. And remember this Scandinavian adage, *“There’s no such thing as bad weather, only bad clothing”*.
- Schedule holiday baking with friends and enjoy decorating your creations.
- Plan your holiday commitments mindfully so that you can sustain inner radiance to enjoy each event without distraction, expectation, or overwhelm.
- Get out the board games, card games, darts, pool or ping pong for indoor play with family!
- “Be the gift” by doing/being good for others in a way that is meaningful to you.
- Consider another Stuart Brown inspiration...

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*“...the most significant aspect of play is that it allows us to express our joy and connect most deeply with the best in ourselves, and in others.”*

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Put a checkmark on the days that you practice the Precious Present of Play by one of the examples above (or one of your own).							
Strategy for Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Practice love							

*Try to accumulate 20 minutes over the course of your day to practice mindfulness and cultivate love.*

**Congratulations on journeying through the season with gratitude, joy, love, and play!**

For additional tips and resources visit:  
[www.guidedresilience.com](http://www.guidedresilience.com)