



Week 8

References mentioned in Week 8:

- Simon Sinek TED talk: The Power of Why: <https://www.youtube.com/watch?v=IPYeClXpxw>
- More on habits:
 - BJ Fogg TED Talk: Forget Big Change, Start With a Tiny Habit: <https://www.youtube.com/watch?v=AdKUJxjn-R8&t=9s>
 - BJ Fogg Tiny Habits Free 5-day Course: <https://www.tinyhabits.com/join>
 - BJ Fogg and Dr Rangan Chatterjee Podcast: <https://drchatterjee.com/bj-fogg-the-secret-to-making-new-habits-stick/>
 - BJ Fogg Book: Tiny Habits: The Small Changes That Change Everything (see Amazon)
 - Gretchen Rubin's Four Tendencies Quiz: <https://quiz.gretchenrubin.com/>
 - BOOK: The Four Tendencies: The Indispensable Personality Profiles That Reveal How to Make Your Life Better (and Other People's Lives Better, Too). Gretchen Rubin.
- Neuroscience of gratitude: <https://positivepsychology.com/neuroscience-of-gratitude/>
- Hokusai says poem: <https://www.mindfulnessassociation.net/awakening-now-2/>

Micro Zen: I take 10 of zen because... Grab a pen and paper and reflect on the reasons why you like to practise mindfulness e.g. It's my anchor to slow down, it connects me into what matters, it teaches my children that mental health matters. Write down these reasons and keep them somewhere you can be easily reminded and use them as a prompt when your motivation to practice is low.

10 of zen: Five Times Thankful

Introduction: In this 10 of zen we are going to deliberately shift our minds into moments from our day or experiences happening to us right now which we feel simple gratitude for. We're going to pause to savour each one of these before moving on and hopefully get to five items by counting on our fingers as we go. So let's take this time out together now.

- We're going to start with three deep purposeful breaths – in through the nose and out through the mouth - really trying to exhale for longer than you inhale – in your own time or together with me – that's great.
- Closing your eyes now if you haven't already, or if you'd prefer you can keep your eyes open and just soften your gaze onto a single spot in front of you. I'd like you to check-in with the position of your hands now – holding them in an upwards position – the palms facing the ceiling.



- Let your breath settle now so it can find its own natural rhythm in your body – see if you can feel the sensations of the air moving in and out, wherever it feels most safe – maybe that’s at the nose, the mouth, the chest or the tummy – that’s great.
- So we’re going to move into our gratitude practice now – the way it’s going to work is that one-by-one we’re going to count through our five fingers. For each finger I’d like you to bring to mind either a small moment from your day or an experience which is present for you right now. Ideally this would be something small, and importantly it’s something you feel deeply grateful for.
- You could think about joyful connections you’ve shared with others, small gifts nature has brought you, little things which have given you a sense of completion or comfort, or the simple beauty of your own body resting here right now – complete and whole.
- So I’ll count you through one finger at a time – starting with the thumb on your left hand – don’t force your mind too hard – just think of something special you’d like to savour – really sensing into that memory or present moment experience as best you can [*pause*]
- So moving to the first finger on the left hand now – thinking about something small and meaningful - bringing to mind some of the tiny details if that works for you [*pause*]
- Moving to the middle finger on the left hand and counting your third item – give yourself a chance to scan through your day if you need to - remember any nice connections you might have made with strangers, loved ones or the world around you [*pause*]
- And coming to the fourth finger now – if you haven’t already remember to include yourself in this – is there something about you that you’re grateful for – maybe the gift of your breath or your beating heart [*pause*]
- And then moving into the little finger now – one more memory or moment – take your time and don’t rush – let your mind guide you towards something small which connects you into comfort or joy [*pause*]
- That’s great - well done. Just pause to take a mindful check in now. What’s going on in your mind and body right now? What’s the weather pattern like inside? What thoughts are around? What feelings are here? Any sensations in the body? Not trying to change anything but opening to what’s already here.
- To close I’m going to share a few words from a poem called ‘Hokusai says’... it reads ‘ it matters that you notice, it matters that life lives through you, contentment is life living through you, joy is life living through you, satisfaction and strength is life living through you and peace is life living through you.’
- Slowly and gently when you’re ready, come back into the room – in your own time – wriggle your fingers and your toes and slowly open your eyes.