



21 DAYS *of* MINDFULNESS *with Jennifer Grace*

Hello!

Welcome to The 21 Days of Mindfulness program.
This course was created for you to enjoy a more peaceful, balanced, and joyful way of living.

For this program you will need a journal, some 3x5 cards, and post it notes.

Each day there will be a different tool or technique for you to practice and this workbook is designed to guide you along.

Please print it out this workbook before you begin.

Looking forward to you having many breakthrough results!

Warmly,

Jennifer

Your guide ~ Jennifer Grace



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Day 1

For your daily meditation practice download the MP3 that was sent to your email and do this 15 minute meditation once a day for 21 days.

Set up a place in your home for your practice. You can decorate it with a chair or small cushion, fresh flowers, and anything else that will make it an inviting place to come to each day.

For best results choose the same time every day to do your practice, consistency and routine will give you the best physical and mental results.

Day 2

Write any of these journaling prompts at the top of your page and keep writing for 5 timed minutes each day in your journal. You can also free write!

I have noticed...

What I am clear about...

What I am unclear about...

If I could not fail I would...

If I could press pause and stop time on my life now, and come back to it in one year, I would...

Day 3

Anchoring into the present moment is an excellent to decrease anxiety and obsessive thinking. Use The Calm Palm and 5,4,3,2,1 to assist with this.

Day 4

Be Here Now alarm – Set phone to ring every day, 3x a day, for one week. What did you notice about your mind? Was it more in the future, present, or past when the alarm went off this week? Were you able to come back to the present moment? What are some insights you have had? Write about them in your journal.

Day 5

Today put post it notes up in 5 places: Yes or No? Each time you have to make a small or large decision, let go of the stories, reason, excuses, pros, and cons. Simply ask yourself: Is it a Yes or No?

Day 6

Ideas for Random Acts of Kindness

1. Smile at someone on the street, just because.
2. Write someone a letter. Like a real letter, on paper. And mail it!
3. Give someone a hug.
4. Put sticky notes with positive slogans on the mirrors in restrooms.
5. Pay the toll for the person behind you.
6. Give someone a book you think they'd like.

Day 7

In your journal write about your experience meeting your future self. What details can you remember?

Day 8

Create 6 declarations. Example:

1. I feel overjoyed that I am full of energy and vitality
2. I feel grateful that I am in a loving relationship
3. I feel excited that I am now financially free
4. I feel grateful that I am clear on my life's purpose
5. I feel happy that I am now making a difference in the lives of others
6. I feel ecstatic that I am now traveling the world

Now you try!

1. I feel _____ that I am now _____!
2. I feel _____ that I am now _____!
3. I feel _____ that I am now _____!
4. I feel _____ that I am now _____!
5. I feel _____ that I am now _____!
6. I feel _____ that I am now _____!

When you feel like you have written just the right words transfer them onto 3x5 cards and read them before you meditate everyday. Where you put your attention your power goes!

Day 9

Meet Your Gremlin by drawing it below, naming it, and the three negative things it says in talk bubbles.

Day 10

Rewrite the three negative things that your gremlin says to say something empowering and positive instead to move you forward. Then transfer them onto 3x5 cards and read them before you meditate with your declarations each day.

Example:

1. You are good enough
2. Your idea is original
3. Money flows to you effortlessly

Now you try!

- 1.
- 2.
- 3.

Day 11

In your journal write for 5 minutes about what you noticed after you did this mindfulness exercise.

Day 12

In your journal write for 5 minutes about what you noticed after did something out of your comfort zone.

Day 13

In your journal write for 5 minutes about what you noticed after you did this mindfulness exercise.

Day 14

After you do Crossing The Ravine exercise write in your journal for 2 timed minutes

What I just learned about myself is.....

Day 15

In your journal write about what you are committed to doing with your new Conscious Communication Tools.

Day 16

After you do the See with Your Heart Meditation write in your journal what is the lesson the most challenging person is here to teach you and what is the lesson the most wonderful person is here to teach you.

Day 17

In your journal write for 5 minutes about what you noticed after you did this mindfulness exercise.

Day 18

Circle your most valued qualities

| | | | |
|-----------------|--------------|--------------|------------|
| Appreciation | Service | Calm | Connection |
| Compassion | Harmony | Aliveness | Love |
| Joy | Creativity | Humor | Beauty |
| Self-Expression | Trust | Friendship | Freedom |
| Honesty | Spirituality | Authenticity | Generosity |
| Wholeness | Courage | Patience | Power |
| Gratitude | | | |

Day 19

Overcoming stress:

What is causing you stress?

- 1.
- 2.
- 3.

What action can you take to get this stress off your plate?

- 1.
- 2.
- 3.

By when will you do this?

- 1.
- 2.
- 3.

Who can help?

- 1.
- 2.
- 3.

Day 20

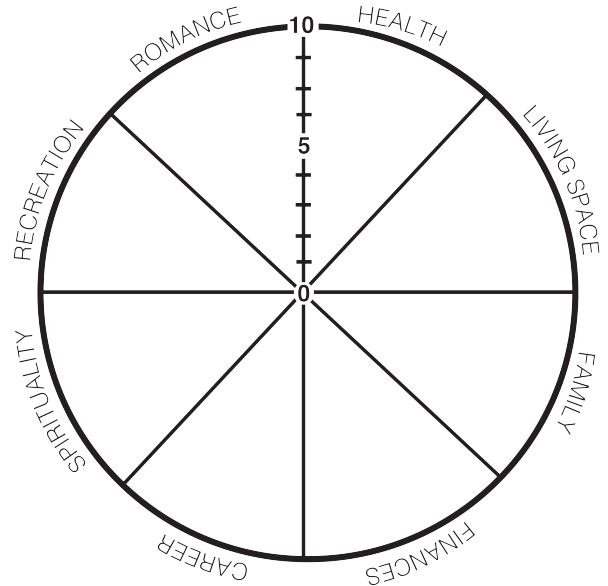
What are you grateful for?

- 1.
- 2.
- 3.
- 4.
- 5.

Day 21

Wheel of Life

Please print this out, and rate the areas in your life as they currently are. 10 if it's awesome and 0 if it's a total debacle. Rate the areas by placing a dot in the center of the pie near the number you choose. Then, connect the dots.



You did it! Congrats!

If you loved these tools and would like to learn more about taking the LIVE online version of **The Catalyst** 8-week transformational course that comes from Stanford University with me as your coach and personal guide visit: www.claritycatalyst.net for Individuals and www.theculturecatalyst.net for Companies