

MINDFULNESS

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Purpose of Mindfulness: to help you to be in control of your mind... instead of your mind being in control of you.

- A. **AWARENESS:** Being fully aware of your external and internal environments without judging or reacting... just noticing.
- B. **ATTENTION:** Deliberately choosing those things on which you will stay focused ... at any given moment in time.
- C. **INTENTION:** Choosing those thoughts and actions (or inactions) that will best reach your goals... instead of being impulsive or habitual.
- D. **PRESENCE:** Staying fully in the present... except when you choose to visit the past or the future for a specific time-limited purpose.
- E. **RESPONSIBILITY:** Choosing not to allow anyone else to be responsible for your state of mind (or happiness)... only yourself.

*AWARENESS + ATTENTION + INTENTION + PRESENCE + RESPONSIBILITY =
MINDFULNESS*

REASONABLE MIND + EMOTIONAL MIND = WISE MIND