

EVERYDAY MINDFULNESS



THANK YOU FOR BEING HERE!

When I began my mindfulness journey, I had no idea of the impact it would have on my life. And I certainly never thought I'd become a "teacher" either! The truth is, we are all students and teachers.

THE MORE YOU KNOW, THE LESS YOU KNOW

I still feel like a beginner when it comes to mindfulness, despite my 10 years of experience - It's a lifelong practice of building presence, focus and when you get a taste of the present moment, you know it's a worthwhile pursuit - as you'll feel the magic of life. And joy.



CHANGE BEGINS WITH THE WORDS INSIDE YOUR HEAD.

MINDFULNESS IS A GATEWAY TO BECOME AWARE OF THE MANY THOUSAND THOUGHTS THAT WIZZ THROUGH YOUR MIND ON A DAILY BASIS.

IT'S SAID WE HAVE BETWEEN **60 - 70,000 THOUGHTS EVERYDAY!** MOST OF WHICH ARE THE SAME THOUGHTS AS YESTERDAY.

AND WILL BE THE SAME AS TOMORROW, UNLESS WE DO SOMETHING TO SHIT OUT OF AUTOPILOT AND WAKE UP TO THE POSSIBILITIES OF THE PRESENT MOMENT.

WE CAN DO THIS THROUGH MINDFULNESS.

READY TO GET STARTED?



LET'S TALK ABOUT COAL:

CURIOSITY

WE BEGIN THIS MINDFULNESS JOURNEY WITH A LENS OF CURIOSITY. WE ADOPT A "BEGINNERS MIND" TO HELP SEE THINGS DIFFERENTLY. THOUGHTS BECOME HABITS, WHICH SHAPE OUR EVERYDAY LIFE

OPENNESS

OPENNESS CAN BE A PHYSICAL THING (STANDING TALL, SHOULDERS BACK, OPEN HEART) AND ALSO A STATE OF MIND. THE CHALLENGE IS TO STAY OPEN AND PRACTICE LETTING GO OF JUDGMENT, ESPECIALLY IN THE CHALLENGING MOMENTS, LIKE A DISAGREEMENT WITH A PARTNER OR WORK COLLEAGUE (AND BE OPEN TO THE IDEA THAT, PERHAPS THEY COULD BE RIGHT OR HAVE SOMETHING VALID TO SHARE)

ACCEPTANCE

WE LOVE THIS DEFINITION OF ACCEPTANCE - "INSIGHTFUL RECOGNITION OF THE WAY THINGS ARE" WHICH WE CAN BRING TO OUR PRACTICE.

SOME THINGS MAY BE CHALLENGING TO ACCEPT, LIFE OFTEN UNFOLDS IN WAYS WE DON'T EXPECT AND IT CAN BE VERY DIFFICULT TO ACCEPT REALITY AS IT IS. PLEASE REMEMBER THAT THIS IS PRACTICE AND ONE THAT WILL GROW AND CHANGE OVERTIME.

LOVE (AND KINDNESS)

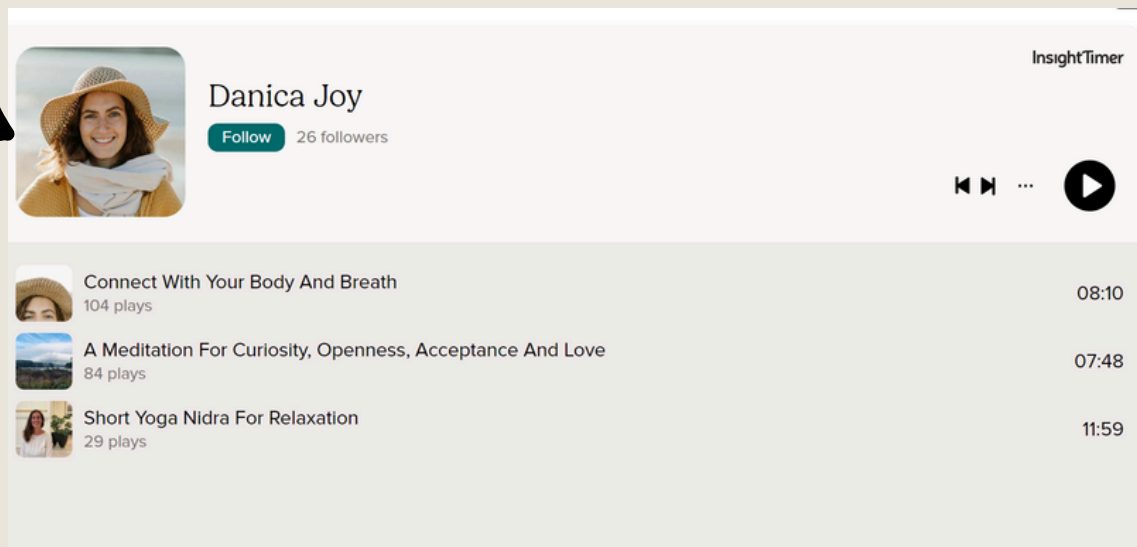
WE CAN BRING LOVE AND KINDNESS INTO OUR PRACTICE OF MINDFULNESS AND LIFE! THIS INCLUDES HOW WE SPEAK TO OURSELVES AND OTHERS.

THROUGH THE PRACTICE OF MINDFULNESS, WE CAN SHINE THE LIGHT OF AWARENESS TO RELATIONSHIPS - WITH OURSELVES AND THOSE CLOSEST TO US. WE CAN LEARN HOW TO SPEAK WITH KINDNESS, RESPOND WITH LOVE AND SHIFT FROM AUTOPILOT HABITUAL RESPONSES AND REACTIONS.



Let's get mindful

SIMPLY DOWNLOAD THE FREE APP, INSIGHT TIMER AND YOU'LL FIND ME THERE: [HTTPS://INSIGHTTIMER.COM/DANICAJoy](https://insighttimer.com/danicajoy)



Your Teacher



Danica Joy
Mindfulness Teacher
hello@joyfulcollective.co.nz

Danica has been a student and teacher of yoga, meditation & mindfulness for almost 10 years. Danica believes that mindfulness is an essential tool for everyone to help navigate the challenges of life - with more ease and joy.

OKAY, BUT DOES IT REALLY WORK?



THERE IS SO MUCH RESEARCH TO SUPPORT THE MANY BENEFITS OF MINDFULNESS. HERE'S JUST A FEW TO GET YOU STARTED.

HOW THE BRAIN CHANGES WHEN YOU MEDITATE:

[HTTPS://WWW.MINDFUL.ORG/HOW-THE-BRAIN-CHANGES-WHEN-YOU-MEDITATE/](https://www.mindful.org/how-the-brain-changes-when-you-meditate/)

JON KABAT-ZINN WHO BROUGHT A SCIENTIFIC APPROACH TO MINDFULNESS:

[HTTPS://WWW.MINDFUL.ORG/EVERYDAY-MINDFULNESS-WITH-JON-KABAT-ZINN/](https://www.mindful.org/everyday-mindfulness-with-jon-kabat-zinn/)

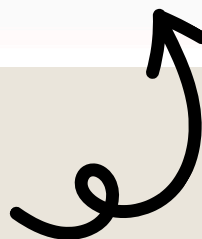
THE HISTORY OF MINDFULNESS: [HTTPS://POSITIVEPSYCHOLOGY.COM/HISTORY-OF-MINDFULNESS/](https://positivepsychology.com/history-of-mindfulness/)

COAL

C = curiosity / **O** = openness / **A** = acceptance / **L** = love

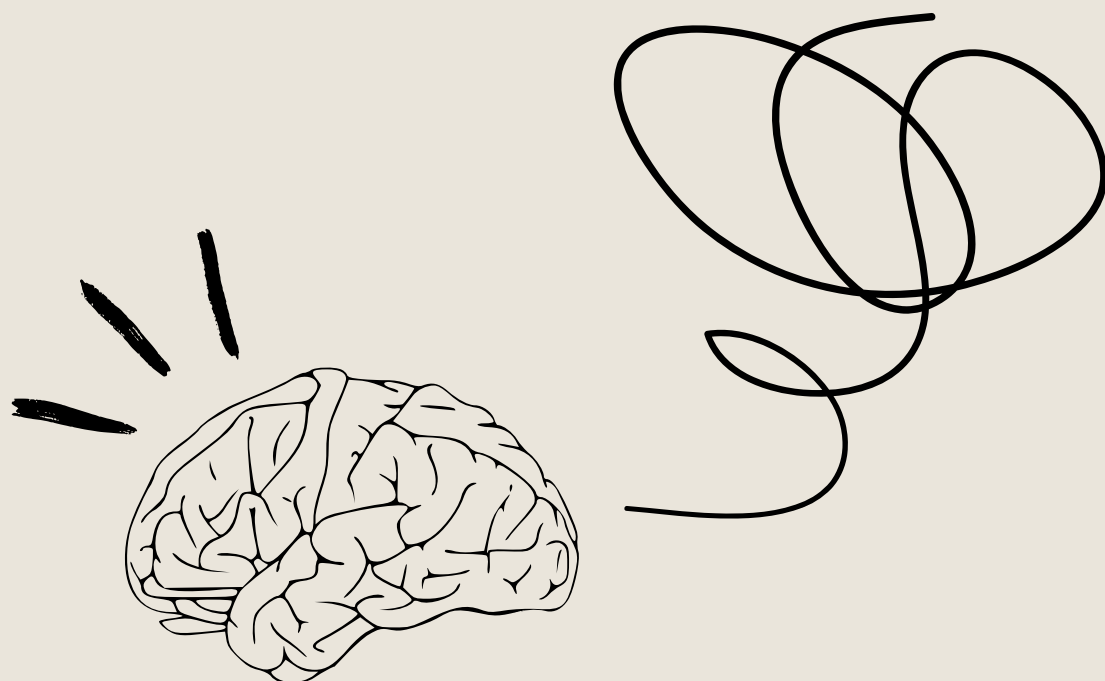
The way we approach mindfulness is important. Ultimately, it's a practice to cultivate more compassion and joy in your life. A good way to learn this is through **COAL**

YOU MIGHT WANT TO PRINT THIS!



WHERE TO FROM HERE?

- **TIME TO PRACTICE:** IT'S EASIER SAID THAN DONE. IT CAN SEEM COUNTERINTUITIVE TO SLOW DOWN WHEN THERE'S SO MUCH TO DO! START SMALL. SCHEDULE A MINDFUL MOMENT IN YOUR DAY, EVEN 2 MINUTES OF MINDFUL BREATHING OR 5 SLOW BREATHS CAN MAKE A DIFFERENCE.
- **REMEMBER TO REMEMBER.** RESEARCH SHOWS WE'RE ON AUTOPILOT ALMOST HALF OF OUR LIFE! WE HAVE TO MAKE A CONSCIOUS EFFORT TO BE IN THE PRESENT MOMENT - EVEN ONE BREATH WILL DO! MAKE IT A HABIT AND LINK IT WITH SOMETHING YOU ALREADY DO DAILY, LIKE TURNING ON THE CAR ENGINE OR DRINKING A CUP OF COFFEE!
- **BRING MINDFULNESS INTO YOUR EVERYDAY MOMENTS** - WHILE BRUSHING YOUR TEETH, DOING THE DISHES OR CUDDLING YOUR DOG!
- **GUIDED PRACTICES:** I LOVE INSIGHT TIMER AND I HAVE A FEW GUIDED MINDFULNESS TRACKS YOU CAN LISTEN TO WHILE LAYING DOWN:
[HTTPS://INSIGHTTIMER.COM/DANICAJAY](https://insighttimer.com/danicajoy)
- **PODCASTS** - THERES A MILLION OF THEM ON ALL THINGS MINDFULNESS, FIND SOMEONE YOU RESONATE WITH (OR AT LEAST LIKE THEIR VOICE) AND GET INSPIRED.
- **JOYFUL WEBSITE** - I HAVE RECOMMENDED READING, WRITING PROMPTS AND A WHOLE LOT MORE HERE: [HTTPS://JOYFULCOLLECTIVE.CO.NZ/RESOURCES/](https://joyfulcollective.co.nz/resources/)



THE END - OR BEGINNING?

*Wishing you a beautiful mindful journey!
Wherever you are, start there, it's perfect.*

If you have any questions, I'm always here to chat:
hello@joyfulcollective.co.nz

Danica Joy xx

