

MINDFUL AWARENESS & PERFORMANCE

Morning Mindfulness Minute

Mindfulness means paying attention in a particular way: on purpose in the present moment, and nonjudgmentally...It is simply a practical way to be more in touch with the fulness of your being through the systematic process of self-observation, self-inquiry, and mindful action. - Jon Kabat-Zin (Wherever You Go There You Are)

Try this 1-minute mindfulness wake up exercise to help you get your day started and in tune with your mindfulness practice:

1. **1 Deep Breath**: Before you get out of bed take a moment to relax, feel your body, stretch a bit and as you do take 1 long deep breath, hold, and then slowly exhale. Relax into it and let it go.
2. **1 Thought of Gratitude**: At the end of the exhale, think of 1 thing in your life you are grateful for. Someone, something, some opportunity, some experience. Whatever it is take a few moments to appreciate one gift, blessing, something in your life.
3. **1 Clear Intention**: This one is not about doing, but rather about being. It is not about the "what" in your day, but rather, this is an intention on the "how." How do you want to "be" today as you go about your life, work, activities? Set that intention to give you a grounding in that essence of being for your day.
4. **Keep Your Mind Where Your Feet Are**: This is a reminder of staying present in the moment. Wherever you go, there you are. So just be there, be present, be with whoever or whatever you are doing in that moment.

What you habitually think largely determines what you will ultimately become.
- Bruce Lee (*Letters of The Dragon*)

The athlete who is in championship form has a quiet place within [them]self and it is out of that place that [their] action comes. If [they are] all in the action field, [they are] not performing properly. There is a center out of which you act...There is a center that has to be known and held. It is quite physically recognized by the person, but unless this center has been found, you're torn apart, tension comes.
- Joseph Campbell (*The Power of Myth*)

*The player of the inner game comes to value the art of "relaxed concentration" above all other skills. [They] discover a true basis for self-confidence and learn that the secret to winning any game lies in not trying too hard. [They] aim at the kind of spontaneous performance which occurs only when the mind is calm, and seems at one with the body, which finds its own surprising ways to surpass its own limits again and again...This intuitive process doesn't have to be learned, we already know it. All that is needed is to unlearn those habits which interfere with this, and then just let it happen. - Timothy Gallaway (*The Inner Game of Tennis*)*