

Invitation to Practice

CONNECTION

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- Open the **healthyminds HM** program **CONNECTION/ PART 1 APPRECIATION**
- Choose a **SERIES** to practice: 1,2 or 3
- Choose **TYPE** of Practice: Sitting or Active
- Choose **MINUTES** of Practice: 5-10 minutes
- Reflect on the practice using suggested **Journal PROMPTS**

SERIES 1: Innate Self-Worth

We can learn to overcome negativity bias by simply appreciating that we are alive and have value just as we are.

Practice: Self-Worth

Rarely do we consider our inherent self-worth; the value that comes from simply being alive.

Journal PROMPT

What is one little thing you do as part of your daily routine? What positive things are you noticing?

Practice: Seeing the Good in Ourselves

This practice helps us focus on the good – our positive qualities, skills, and actions.

Reflect on some things that are positive about yourself. What would a good friend or supportive family member appreciate in you? Finishing writing the statement: I am _____.

Practice: Feeling Appreciation

Learning to feel your body's natural response to appreciation leads to a deeper sense of well-being.

What is a clear and vivid recollection when you felt appreciated? What do you feel in your body when you think of this memory?

SERIES 2: Cultivating Gratitude

We can train our minds to notice the good in and around us, which leads to a deep sense of appreciation and well-being.

Practice: Valuing Friends and Loved Ones

We cultivate gratitude by valuing loved ones.

Journal PROMPT

Imagine a friend or loved one. What do you appreciate about who they are - not what they do? Notice how their desire to be happy informs what they say and do. Find common ground with others by using the phrase "just like me".

Practice: Appreciating Friends and Loved One

This practice sharpens the skill of seeing the good in our friends and loved ones.

How does it feel when you think of a friend or loved one? What are their best qualities? What are they good at/what do they do well? How would you compliment them/how would you express your appreciation?

Practice: Gratitude

This practice helps us to be more aware of the many acts of kindness all around us.

What is something specific a friend or loved one has done for you lately? What would you say or do to express how you feel to really show them how much you care?

SERIES 3: Appreciation for Everyone

Noticing the positive qualities of strangers and difficult people can drastically shift our perspective toward the positive.

Practice: Valuing Strangers

Even though we don't know them, strangers have value. Like us, they want to be happy and free from suffering.

Journal PROMPT

Find common ground with an acquaintance or someone you don't know very well. Practice seeing something positive in people you don't know very well.

Practice: Appreciating Those We Don't Know

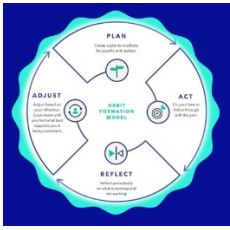
This practice builds the skill of extending appreciation to people we don't know very well.

Reflect on someone you don't see very often. What is something you appreciate and admire about them. Write this statement, "I appreciate your _____."

Practice: Appreciation for Those We Find Challenging

This practice helps notice good things about people in our lives who we find challenging to be around.

You don't have to catch every thought and emotion, just this one that's occurring right now in this moment.
What are some positives things you might notice about someone you have identified as challenging in your life? Write down their specific positive qualities.



PARA

Habit Formation Model

PLAN-ACT-REFLECT-ADJUST



PLAN: Create a plan for your mindfulness practice.

What series will I choose?

What type of meditation will I choose?

How many minutes for each practice will I choose?

When is a good time for me to practice?

Where is the best place for me to practice?

How many times will I reflect and/or journal about my practice this week?

ACT: Do your best to follow through with the plan.

What are some reminders that will help me follow through with my plan?

How can I anchor my plan to existing habits?

Who or what can support me with my plan?

