

MISSION  MINDFULNESS

HAYLEY SAUNT

WEEK 3

THE ART OF NON-STRIVING AND
MINDFUL MOVEMENT



1

Non-judgmental self-awareness and
self-acceptance



2

Concentration on body sensations
interrupting the internal narrative



3

Open relaxed awareness of body state
and task in hand

NON-STRIVING



NON-STRIVING



A short walk with no purpose

TOUCH

SEE

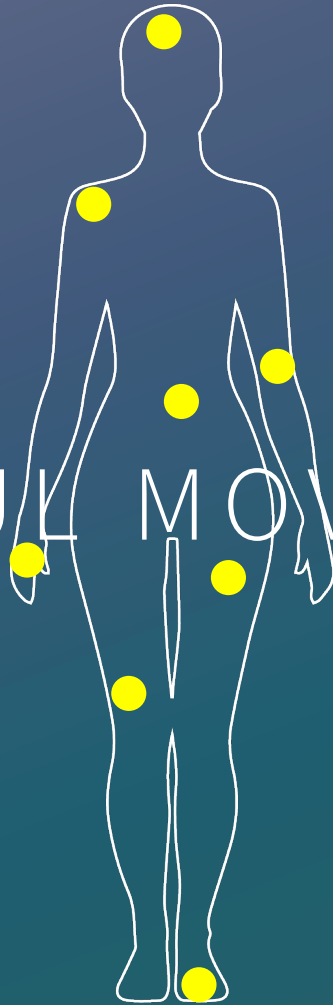
HEAR

SMELL

TASTE



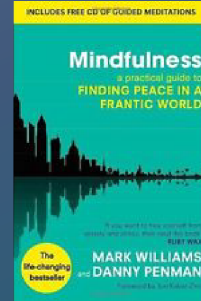
MINDFUL MOVEMENT



SO FAR

- ✓ Practicing focusing the mind
- ✓ Noticing what happens when reality doesn't meet expectations
- ✓ Monitoring for feedback on emotional state
- ✓ Pausing the 'mental time travel'

BEFORE
NEXT WEEK



Chapter 7



Tracks 8 and 3

A misty forest scene with tall trees and sunlight filtering through the canopy. The text "See you next week — Hayley" is overlaid in white at the bottom.

See you next week — Hayley