

A Balanced Life For You

Rhonda Cimorelli

Life Design 101 - Exercises for

Mastering Emotions using Mindfulness Techniques

1 – Thoughts Control Feelings

(Imagine yourself in a peaceful place and notice how it makes you feel.)

2 – Pay Attention to your Feelings

(Notice how you feel throughout the day and ask yourself, "what thoughts am I thinking right now?")

3 – Pay Attention to your Thoughts (Listen that the chatter in your mind. What kind of thoughts are you thinking and how to they match up in the outside picture of the world?)

4 – Turn it Around

(Catch yourself when you think a negative thought and see if you can "turn it around" in the moment.)

5 – Make your Own Mantra

(Create a short, positive phrase that makes you feel good and say it over and over and over during the day.)

6 –Post it Every where

(Put your short, positive phrase on post-it notes around your house, car, and office.)

7 – Crap Magnet (Refrain from complaining today. When you complain, you become a living, breathing crap magnet)

8 –Because I said so (State your mantra and then give the "because" reason afterwards.)

9 - Asking a Better Question – The Sequel (What do you want? Why do you want it?)

10 – Make a New Story
(Catch yourself telling self-defeating stories and rewrite them in the way you'd like to see them instead.)

11 - Crap Magnet Make it another day of no complaining. Take note of how you feel

12 - Beyond Belief: Gathering Our Own Evidence
(What have you accomplished in the past? Where have you been successful before?)

13 -You Gotta Have Hope
(Anytime you feel frustrated ... make statements that start with "I hope" Say them over and over until you feel better.

14 -State Change
(Anytime you want to change your emotional state from negative to more positive, focus on your breathe. Inhale slowly. Exhale slowly.)

15- Attention Please
(Heads up, eyes up, shoulders back, goofy grin, move your feet back and forth ... do that dance.)

16 - No complaining Day

17 - Asking Better Questions – The Remix (What would I be doing right now if I was fill in the blank ... i.e. a senior director, a million dollar club member, etc?)