



## ACTIVITY 1

# Your Mindfulness Vision

Creating a vision for your mindfulness practice can be a powerful way to get clear on your motivations for bringing mindfulness into your life.

A vision, rather than specific goals, allows you to stay curious and try new ways of practising mindfulness. Curiosity and openness are both important mindsets for mindfulness.

Also, focusing on your intention and vision for mindfulness will help you stay motivated in the face of challenges and inevitable setbacks.

Nobody's path to increasing mindfulness is without a few bumps in the road, and yours won't be either. So, reminding yourself of why you want to develop a mindfulness practice, will help you get back on your path quicker.

## ACTIVITY

**Time: 15 mins**

**Materials: Pen and paper**

1. Take a moment to imagine yourself in the future. At this future point in time, you have realised your intention of creating and sustaining a mindfulness practise, and you have succeeded in building mindfulness into your daily life.
2. Close your eyes and imagine how mindfulness has positively impacted your life at this future point in time in as much detail as possible.
3. Now, for the next 10 minutes, write continuously about what you have imagined. Write in any style you like not worrying about spelling or grammar.
4. Keep this vision someplace where you can refer back to it as often as needed throughout your mindfulness journey.



Mindful Month with Smiling Mind is supported by Panadol

Sheldon, K. M., & Lyubomirsky, S. (2006). [How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best possible selves](#). Journal of Positive Psychology, 1(2), 73-82.

Shorey, H.S., Snyder, C.R., Rand, K.L., Hockemeyer, J.R., & Feldman, D.B. (2002). [Somewhere Over the Rainbow: Hope Theory Weathers Its First Decade](#). Psychological Inquiry, 13 (4), 322-331.