

OMOWUNMISPEAKS

LIVING

MINDFULLY

IS DOABLE



Live life on your
own term.

There is no better time to care about mindful living than now! Quite honestly you don't have to care... since you are here, you might as well satisfy your curiosity. I wrote this book in less than 60mins. It was supposed to be just another thought in my notes. I hope you find something in it useful.

"Tear a sheet of
paper!"

If you are
Nigerian and went
to a public
school, you would
probably be
familiar with
this phrase.

Why did I choose
to sound like your
school teacher, I
don't know.

This is my attempt
at Ice-breaking
abi na

Ice-breaker.

In real life, I am not serious unless when work is involved, I tend to be very formal.

Madam go straight to the point na!

Oya, let's go there.

Mindful living for me is about:

1. Awareness
2. Reflection
3. Appreciation
4. Presence
5. Action

This is in no way an exhaustive list.

Awareness:

It is quite difficult to BE aware, blame it on anything you like. I think we really can't enjoy the most out of life if we do not intentionally invest time in learning about awareness(of self and of others).
Why is this important?

"Self-awareness is important because when we have a better understanding of ourselves, we are able to experience ourselves as unique and separate individuals."

Learn more here

<https://warwick.ac.uk/services/wss/topics/selfawareness/>

<https://positivepsychology.com/self-awareness-matters-how-you-can-be-more-self-aware/>

<https://hbr.org/2018/01/what-self-awareness-really-is-and-how-to-cultivate-it>

Reflection: or meditation as some people who like to describe it, helps you become mindful.

Bringing your mind to a place of calm in a fast-paced world cannot happen without you engaging your mind actively in mindfulness. It takes practice by the way!

Appreciation (gratitude):

This helps you to focus on the many blessings in your life. A roof over your head, food on your table, a sound mind, the ability to see, hear or feel

Robert Emmons, perhaps the world's leading scientific expert on gratitude, argues that gratitude has two key components: "First, it's an affirmation of goodness. We affirm that there are good things in the world, gifts, and benefits we've received."

In the second part of gratitude, he explains, "We recognize that the sources of this goodness are outside of ourselves...We acknowledge that other people...gave us many gifts, big and small, to help us achieve the goodness in our lives."

Presence:
(Emotional
availability,
grounded and
attentive, quality
of engagement):
Being present
these days is a
tug of war. To
become a mindful
person you got to
practice the
discipline of
being PRESENT

Learn more here
<https://zenhabits.net/mindful/>

Action: If you want a calmer, peaceful life, You must choose it!

Learn what you can and begin to practice. If you prefer a "mindless life", that's okay too.

Living mindfully is HARD.

Hopefully, you will choose it; if you want it.

Remember you really don't have to care!