



Mindfulness Based Achievement

Cultivating Respect and Compassion

There are three main components to Self-Compassion

- Mindfulness
- Connection
- Self-Care

1) Mindfulness

Mindfulness means taking a balanced approach to negative emotions so that feelings are neither suppressed nor exaggerated. We cannot ignore our pain and feel compassion for it at the same time. Mindfulness requires that we not "over-identify" with thoughts and feelings, so that we are caught up and swept away by negativity.

What's the inner experience you think you cannot stand? (discomfort? anxiety? physical pain? craving?). We think we can't handle the inner experience but we CAN. Being able to stay with those experiences is what causes the change we want.

Loving Kindness Meditation

2) Connection (Ego vs Eco)

Connection with our common humanity give us the ability to recognize that suffering and feelings of personal inadequacy are part of the shared human experience - something we all go through rather than something that happens to "me" alone. You are not alone. And, it is not all about you.

EGO-SYSTEM	ECO-SYSTEM
To show people that I can do it.	To help and inspire others.
To feel like I'm good enough.	To take advantage of my strengths and blessings.
To receive praise and admiration.	To receive authentic gratitude.
So I won't hate myself.	To care for and support myself.



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To not be viewed negatively by others.	To have the energy to engage with life.
To impress people.	To be a catalyst for contagious change.

Source: Kelly McGonigal 2013.

3) Self-Care

Self-care is being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or beating ourselves up with self-criticism.

There are physical components to self-care related to how you treat your body. In what ways are you unkind to your body and how can you cultivate greater kindness towards your body? Some areas to consider include the foods you eat, how much you sleep, the ways you exercise (is it fun or are you punishing yourself), how you view your body in the mirror, etc.

There are also mental and emotional aspects to self-care. How do you talk to yourself? How do you show self-compassion inwardly? How do you respond to difficult emotions? Do you push them down and resist them or love them?

For a visual example of the power of our thoughts, view this clip showing muscle testing in action: <http://www.today.com/video/today/22590074>

Self-kindness also increases willpower. Remember how people ate the equivalent of 10 fewer Hershey kisses after a donut when they practiced self-forgiveness? Self--forgiveness mitigates the troublesome “what the hell effect.” More information on the study can be found in Ph.D. Kelly McGonigal’s book, *The Willpower Instinct*, and the excerpt titled “Breaking The What-The-Hell Cycle.”

“Breaking The What-The-Hell Cycle” from *The Willpower Instinct*:

<http://books.google.com/books?id=evc6jaibNd8C&lpg=PT133&ots=a6xWGdFCmE&dq=donuts%20candy%20willpower&pg=PT133#v=snippet&q=mark%20leary%20duke%20university&f=false>

In another research study, participants who practiced self appreciation were 4x as likely to resist the cake than those who used shame. AND, the control group who was just given the cake was 2x as likely to resist versus the shame triggered group. This means it is better to



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take NO ACTION than to criticize yourself. Self-criticism FALLS APART. It DOES NOT WORK. It's a way we ULP ourselves.

Many of us put the self of self-criticism in charge of our life. This class is about teaching you how to connect to the self who is really good at change. Paradoxically, that is the self of self-acceptance and self-appreciation. The more you accept yourself where you are at currently, the more likely you are to change and get what you want in life, and the research proves it.

Take this opportunity to notice: How do you respond when you let yourself down and can you offer yourself a message of self-compassion in that moment?

ACTION: Complete your Self-Care action step

Befriend Your Feelings Meditation

Instructions on Writing a Letter From Your Future Self

Imagine yourself six months from now - when you have fully realized some or most of your important goals, resolved some difficulty you are going through, and/or made peace with something you are currently struggling with.

Imagine what this feels like and looks like in your everyday experience. Then write a letter from your future self describing what life is like six months from now.

- Acknowledge and appreciate everything you did to get to where you are at this future point in your life, including anything that has already happened and anything you hope will happen.
- Let your future self express gratitude to the self who did (and will do) these things for you.
- Offer your present self some compassionate words of wisdom for overcoming any present challenges.
- Tell your present self the good that your future self sees in him/her, and the strengths that will help your present self become your future self.



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One of the other best tools we've found for self-compassion is to think of a time when you were struggling, and have your adult version or higher self come in and share a message of compassion with that younger you.

Read the 1-2 Compassionate Whispers you wrote on the LOVE card often, you may want to place them at your desk or on your bedside table where you will see them every day.

Action Steps for Integrating Practices in Work and Life

- loving kindness meditation
- self care action step
- write a letter of self compassion
- having strong emotions/ befriend your feelings meditation
- When you're frustrated either:
 - compassionate whispers throughout your day, especially when challenging
 - Ask yourself "What is really driving me? What are my Eco motivators in this situation?" get back in touch with what really matters

Remember: **Transformation is 20% Insight and 80% Habitual Action.**

If you really want to see change, it is vital that you incorporate these tools in your daily and weekly life.