

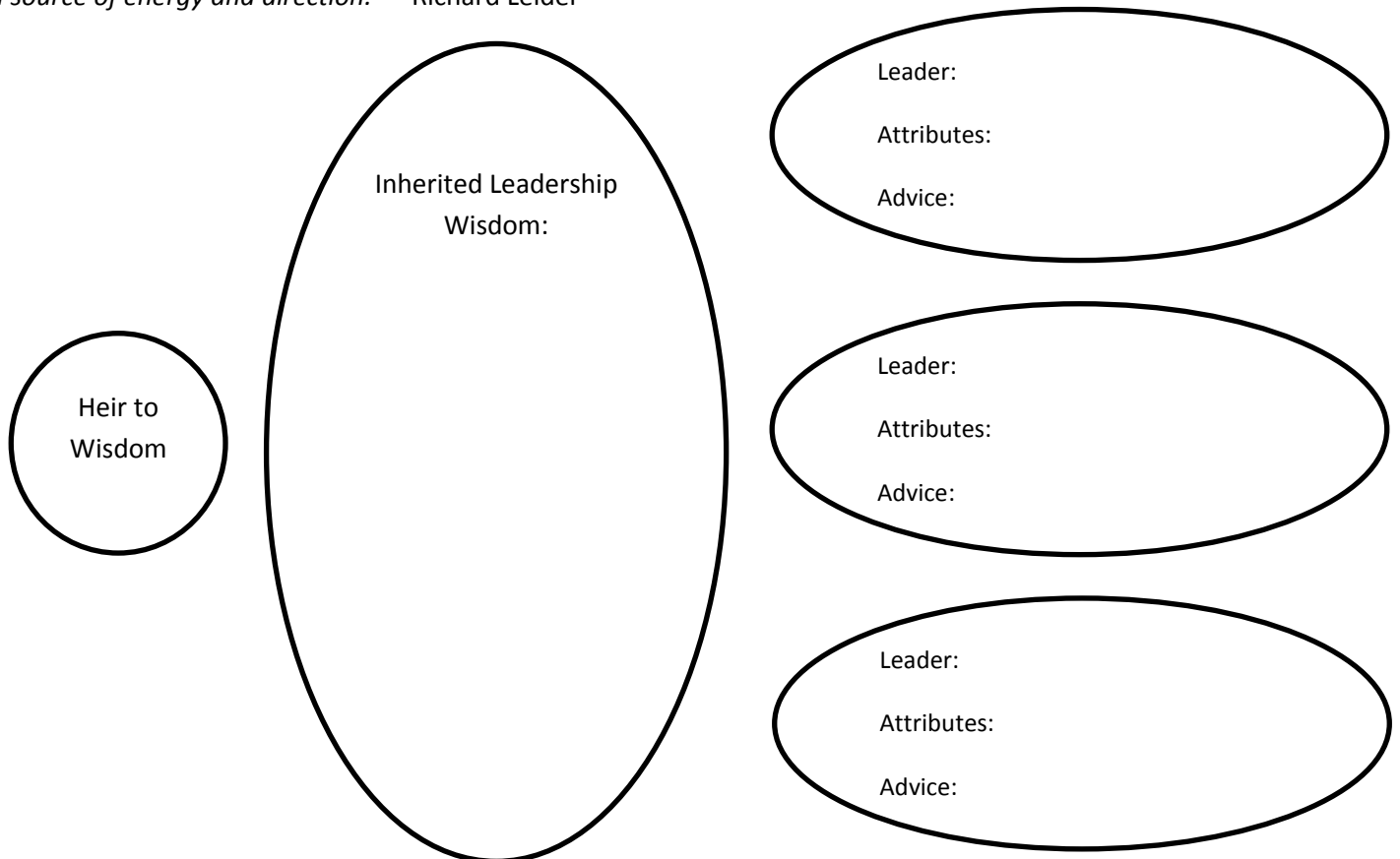
**Notice Five Things**

1. Take a moment to notice 5 things you can see in the room. It may be a light, a bag, or something more detailed like a texture.
2. Once you have identified 5 objects, listen for 5 sounds that you can hear such as the air circulating through the vents, a cough, a chair moving.
3. Finally, notice 5 things that you can sense with your body, such as the scratch of a tag inside your clothes, how your feet feel inside your shoes, or tension in your neck.
4. Now attempt to notice all of those sights, sounds, and sensations at the same time.

Take a relaxing deep breath.

**Mindful Purpose**

*“Purpose is that deepest dimension within us – our central core or essence where we have a profound sense of who we are, where we come from, and where we are going. Purpose is the quality we choose to shape our life around. Purpose is a source of energy and direction.” – Richard Leider*



**Mind-Body Connection**

Ear-Nose Switch

1. Stand up.
2. Take your right hand and grab your left ear. Keep your right arm close to your body.
3. Now take your left hand and touch your nose.
4. Uncross your arms and move your left hand to your right ear and your right hand to your nose. Your left arm should now be closest to your body.
5. Switch back and forth as fast as you can.

Brain Gym® Figure 8

1. Begin by swaying your body from side to side in a rhythmic motion.
2. Let your arms sway too, from side to side further out than your body.
3. Now stretch your hands forward in front of you and make a SIDEWAYS figure 8 or an INFINITY sign with your arms.
4. Go up and over on the right, circle down, then up and over on the left, circle down, then again up and over to the right.
5. Continue drawing sideways figure 8's in this way twisting at the waist in the direction you are reaching.

**Reflective Position Activity**

<b>Your Position's Rationale:</b>	<b>Opposing Advocate's Rationale:</b>
<b>What is happening in your brain as you complete each step in this activity?</b>	

**Creating Positive Outcomes**

1. Start by creating an image or images on the mental screen in front of or behind your closed eyes. For example, you can visualize yourself as being calm and relaxed.
2. Then create your own mental talk that supports the image. You might say to yourself, "I am calm," repeating this over and over again at a leisurely pace.
3. You may find that after a while you actually experience pleasant sensations, or pleasant feel, in the body. If that is the case, by all means encourage it to grow.
4. Do this for at least 10 minutes a day, either while seated or lying down.

This technique generates confidence and can be very powerful in creating positive outcomes. It's also good for developing concentration.

**Mindless vs. Mindful Table Top Scenario**

You are the superintendent of schools. Today is a Friday in early March. Several cuts in elementary, middle school, and high school teaching positions will need to be made for the next school year due to declining enrollments and a predicted drastic reduction in state aid. You have decided to meet individually with each of the least senior teachers to inform them that their positions are very likely to be eliminated. The first of your meetings will be held in a few minutes with Janet Jones, the least senior elementary teacher. You receive a phone call from the elementary principal in the school in which Janet works. He tells you he just learned Janet's husband was informed about an hour ago that his position in a nearby manufacturing firm is being terminated and he will be let go in two weeks. As you hang up the phone, you see Janet approaching your office door. What will you say to her?

<p><b>MindLESS Actions:</b></p>	<p><b>MindFUL Actions:</b></p>
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**Reflective Pattern-Making Activity**

<i>Happiest Times</i>	<b>Analysis</b>	<i>Challenging Times</i>	<b>Analysis</b>
<b>Hindrances</b>		<b>Hindrances</b>	
<b>Current Hindrances/Patterns?</b>			

**Leadership Legacy**