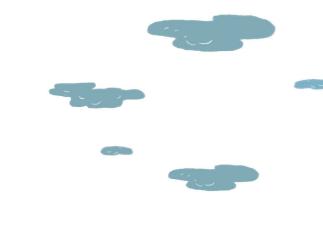
Mindful actions create a better world view where you are present, curious, accepting and invested in those around you.

**Mindless** actions create drama, resistance and fear for you and those around you.





# How to Be Mindful, Not Mindless:

a guide to more happiness



Everything's gonna be alright.

Whil is a leader in digital wellbeing training to help you reduce stress, increase resilience and improve your sleep and performance.

Find out more at whil.com

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#### MINDFUL





#### **Things I Do**



Things I Say

Whilse + whil.

•	Everything's	gonna	be	alright.

• I'd rather learn than be right.

Being transparent/vulnerable creates connection and puts people at ease.

I don't have all the answers. There are always more than two possibilities.

• Everything and everyone is my ally.

It's good to question my thoughts, beliefs and assumptions.

The only validation I need comes from myself.

I don't take things too seriously.

There is a difference between what actually happened and "stories".

• Jumping into arguments or chaos isn't for me.

A feeling of abundance/openness.

Mindful breathing.

Be authentic: Share life stories.

Mindful listening; Make others feel heard and appreciated.

Take responsibility; Speak openly. Body scan; Label my emotions.

Mindful conversation; Create win/win solutions.

Create fun for myself and others.

Separate facts from emotions.

Stop-Breathe-Notice-Reflect-Respond (SBNRR).

"We got this." "We're a team."

"I appreciate you for..."

"Here's what I learned from this..."

"Why is the opposite just as true?"

"I take responsibility for..."

"I feel..." "I'm experiencing..."

"What I heard you say is..."

"What I heard you feel is..."

"Let's find the fun in this."

"What happened, without adding to it or taking away from it?"

"I understand your perspective."

"How can I help?"

## **MINDLESS**



# Things I Believe



## Things I Do



## Things I Say

Being right is most important.

• I'm threatened.

• People and/or circumstances are working against me.

• I suffer from scarcity. There's never enough.

I don't have control.

• There is a right way and a wrong way.

• My perspective is the right one.

I don't have a choice.

• I'm not committed.

I'm better/worse than...

#### Cling to power and opinions.

Find fault: Place blame.

Gossip and tell stories.

Get overwhelmed.

Justify; Rationalize.

Protect my ego/identity.

Ensure others lose; Gather support.

Avoid conflict.

Check out; Take advantage; Get mine.

Argue; Compare.

"I have to ... "

"It's not possible."

"This is/They are a joke."

"It's not my fault." "I'm overwhelmed."

"I'm trying to..." "The fact is..."

"You don't understand..."

"Whose side are you on?"

"I'm sorry, but..."

"I could do better."

"Why am I treated this way?"