







MINDFULNESS AND MEANING: A DAILY PRESCRIPTION

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKEND |
|---|---|---|---|---|--|
|  |  |  |  |  |  |
| COURAGE | TEMPERANCE | HUMANITY | TRANSCENDENCE | JUSTICE | WISDOM |
| Bravery, Honesty, Perseverance, Zest | Self-Regulation, Humility, Forgiveness, Prudence | Love, Kindness, Social Intelligence | Humor, Gratitude, Hope, Spirituality, Beauty and Excellence | Fairness, Teamwork, Leadership | Creativity, Curiosity, Judgment, Love of Learning, Perspective |
| Release Fear, Bravado | Release Shame | Release Selfishness | Release Despair | Release Anger | Release Apathy |
| <u>Existential Challenge</u> Accepting freedom by taking responsibility for one's own life and authenticity | <u>Existential Challenge</u> Accepting the reality of fallibility and finiteness, with forgiveness and without self-deception | <u>Existential Challenge</u> Escaping the self-absorption and egoism that fosters alienation, isolation and loneliness | <u>Existential Challenge</u> Responding to the reality of life's Tragic Triad of Grief, Suffering, Death, but without Nihilism | <u>Existential Challenge</u> Who is my neighbor? Living peaceably and passionately with the diversity of others | <u>Existential Challenge</u> Finding meaningfulness as Life itself demands a response to its depth, breadth, and height |
| <u>Meaning Discovery</u> Mindful Courage is a heroic responsibility for my own unique life and my Will-To-Meaning. I choose to show up. | <u>Meaning Discovery</u> Mindful Temperance is accepting the tensions that come with human limits, discerning my own ways to flourish. | <u>Meaning Discovery</u> Mindful Humanity is forming meaningful and humane connections in empathy and kindness for self and others. | <u>Meaning Discovery</u> Mindful Transcendence is inviting my Defiant Power of Spirit to explore the height and depth of joy, even in suffering. | <u>Meaning Discovery</u> Mindful Justice is co-creating communities of equity and inclusion through the way I live and lead with others. | <u>Meaning Discovery</u> Mindful Wisdom is my openness, creativity, and understanding to what my life offers me in meaningfulness. |
| <u>Exercise</u> Root your feet into the ground, and welcome breath into a soft belly. Let your body and breath help you simply BE PRESENT. | <u>Exercise</u> Visualize fire at your core, inviting its clarity, warmth, and light to help you both see and release what you no longer need to carry. | <u>Exercise</u> Mantra for Humanity: <i>May I/You be safe.</i> <i>May I/You be well.</i> <i>May I/You be happy.</i> <i>May I/You be peaceful and at ease.</i> | <u>Exercise</u> Invite attention to just three things for which you are grateful today. Try a daily journal entry or a bedtime ritual of a gratitude remembering. | <u>Exercise</u> Visualize breathing in the darkness of world suffering and sorrow. Dissolve it in your very being, and breathe out light, life and healing. | <u>Exercise</u> Alternate nostril breathing, for inviting and integrating your different perspectives of Being, for integrity and wise steadiness. |