



MINDFUL
IN MAY

Reflection guide

Congratulations!

You've reached the end of Mindful in May! Whether you have engaged with the program as much as you'd intended or not, taking a pause to reflect on the past month will help you consolidate the experience and reflect on what you learned about yourself.

What was your biggest learning from Mindful in May about mindfulness and meditation?

What was your biggest learning about yourself this Mindful in May?

What worked well for you during this Mindful in May?



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What didn't work so well for you during Mindful in May?

When reflecting on the past month, what challenges did you experience and can you take a moment to bring compassion to yourself for this?

What are three words to describe how you feel about Mindful in May and the experience of bringing this practice into your life in a regular way?



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A letter to my future self

Being human, it's inevitable that we're going to fall off track with our practice. The crucial factor is how are you going to support yourself to get back to doing what you know is so helpful and good for you when you've lost your way.

Below is an exercise to capture how you are feeling now and how you have benefited from a regular mindfulness practice, so that you can remember these benefits as a way of re-inspiring your motivation to get back on track if the busyness of life gets in the way of your ongoing practice.

Set a timer for five minutes and write a letter to your future self (the one that might be caught up in stress and may have lost the habit of practicing meditation) and share your feelings about the value of this practice.

In this letter you may like to reflect upon:

- How your experience of this month of meditation has been for you
- What benefits you have felt from this regular meditation practice
- What you are hoping your practice will look like in 6 months time
- Some advice and kind words to your future self six months from now, if you've fallen off track with your practice and need a gentle reminder to get back into the rhythm
- Three things that you hope to see come to fruition in your life over the next 6 months

Let your pen or keyboard flow as you write a letter to yourself reflecting on the past month and sharing the benefits you have experienced so that your future self can reconnect with how you're feeling right now.

Keep this letter somewhere safe and set an alarm in your phone now for Dec 1st so that you can read this letter.



Dear future self...