

MINDFULNESS MEDITATION

STUDENT WORKBOOK

SESSION 6

Mindfulness for
COMMUNICATION
and
LEADERSHIP

Session 6 takes mindfulness into areas of your life where you rely on communication and leadership. These may be civic, religious, family, volunteer, exercise, or workspaces. We can develop mindfulness beyond our interior lives, and bring it into our language, writing, and behavior in order to hold positive relationships with others.

The following exercises, meditations, and journal topics will give you something to focus on each day between sessions. Feel free to complete them in any order you like, and even to repeat any exercise you find helpful or interesting. Let yourself be led by your needs and interests this week.

Session 6 Contents:

- Journal Topics
- Empowering Your Three Intelligence Centers
- Noticing Your Patterns of Communication
- Feeling Strong and Confident
- Educating Others Effectively
- Realizing How Others Respond to Me
- Addressing Others' Concerns
- Effecting Change

Session 6 Journal Topics:

1. Describe some of the leaders you see in the world. What qualities and characteristics do you admire? What parts of their stories do you admire? What about them do you not admire?
2. Name some leaders in your life, whether at work, in your family, in your community, etc. Even if they don't work with you, how do they display qualities of leadership? How do you respond to them?
3. What are your communication strengths and weaknesses? What do you wish you could more effectively convey? When do you feel most successful at communication?
4. How would you describe your communication style? Are you better at writing or talking about your feelings? Do people usually know what you want, what you believe, and what you will or will not do? Or are they unsure? How do people usually respond to your communications?

Empowering Your Three Intelligence Centers

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

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Mind

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Body

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Breath

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Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Head clear seeing, connection to the transcendent

Heart integration of experience, deep connection to my path

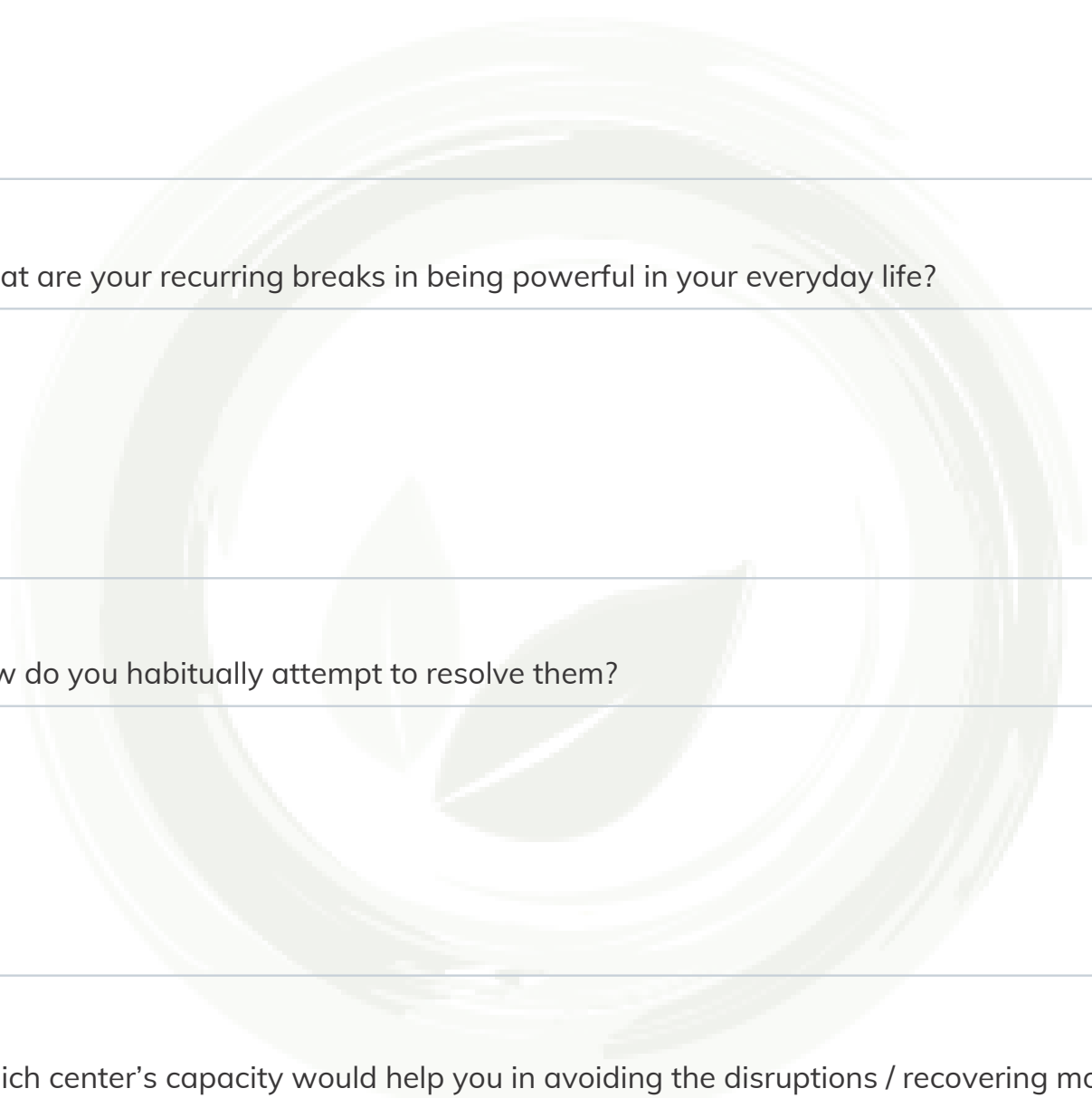
Body presence, groundedness, detector of personal truth

Regarding the three intellectual centers above, please write out your answers to the following questions.

1. Which center's power do you rely on most in your daily life? Cite some examples.

Empowering Your Three Intelligence Centers

2. Which center's development is most important for you in becoming more powerful? Why is that?



3. What are your recurring breaks in being powerful in your everyday life?

4. How do you habitually attempt to resolve them?

5. Which center's capacity would help you in avoiding the disruptions / recovering more quickly?

Empowering Your Three Intelligence Centers

6. How will you take what you learned from this forward into your life?



Noticing Your Patterns of Communication

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

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Heart

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Breath

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1. What patterns in communication did you observe? e.g., what topics, what issues, what recurring conversations?

2. What patterns of your response did you observe?

Noticing Your Patterns of Communication

3. What are you not communicating?



4. What action will you take from what you observed in this exercise?

Additional Notes:

Feeling Strong and Confident

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

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The Strong You

This exercise offers a way to deeply reconnect.

Although it is not a traditional mindfulness practice, you can use it to remember who you are, especially when you forget.

Sitting in a comfortable posture, close the eyes and take a few deep breaths through the nostrils.

Imagine yourself in a difficult situation.

It may be something coming up that is bringing some fear or anxiety or something you went through in the recent past.

Recognize any fear or aversion that is present as you bring this event to mind.

Maybe you want to ask for a raise, need to have a difficult conversation with a loved one, or have an upcoming appointment that is bringing some worry.

Rather than playing out the story in your head, ask yourself what the strongest version of yourself would do and how they would handle it.

Feeling Strong and Confident

The Strong You

Picture your strong self handling the situation with complete kindness, care, mindfulness, patience, and wisdom.

As you visualize this situation in your head, make special effort to notice the strength within you.

Allow yourself to feel strong and confident.

When you begin doubting yourself, return back to the strong you.

Reconnect with your intentions of wisdom and compassion in the face of difficulties.

You can continue with one experience, playing it through multiple times.

You can also try working with a different situation or event.

Continue to connect with the strength you have within you.

Remember to breathe deeply and watch for any anxiety and worry.

When you finish this practice, you may try writing about your experience.

Writing after this exercise gives you a crystallized look at yourself as the strong you, and can help clarify how you are able to handle painful experiences.



Educating Others Effectively

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

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DAILY

1. In what ways did you educate someone today?

2. About what did you want to educate someone, but didn't know how?

3. In retrospect, what could you have said to educate in the situations of #2 above?

Educating Others Effectively

4. What action(s) will you take from what you learned in this exercise?



WEEKLY:

Please take 20–30 minutes at the end of each week and address the following:

1. From reviewing your daily self-observations, what patterns do you notice around how you are educating people?

2. What was the most important topic you educated someone on this week? What made it important?

3. How do you know when your educational efforts are working?

Realizing How Others Respond to Me

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

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Body

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Breath

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Environment

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1. In what ways did you observe women/men responding to you?

2. How did you feel about this response?

Realizing How Others Respond to Me

3. How aware were you of her/his response at the time?



4. What action will you take from what you observed in this exercise?

Additional Notes:

Addressing Others' Concerns

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1. What concern of others did you alleviate today?

2. What concern of others left you unclear about what to do today?

Addressing Others' Concerns

3. What concern of others did you think/feel was frivolous / misinformed / stupid today?



4. What action(s) will you take from what you observed in this exercise?

Additional Notes:

Effecting Change

Date / Time:

So far today, have you brought kind awareness to your:

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Over the past several years learning how to live a simpler life has become a popular notion. Ideas flourish with ways to achieve a simpler life, ranging from ways to simplify day-to-day routines to how to live green for the environment.

Simple ideas have been taken over by new improved “techniques”, which often become more complex and difficult. It is easy to become frustrated with intricate, time-consuming processes that once used to be simple tasks. It is also easy to become dependent on expert knowledge instead of thinking for ourselves.

We have become untrusting in our own knowledge and suspicious of anything that looks too easy. We also don’t want to admit we have wasted our time and money learning the “new and improved” way to do things.

At some point though, common sense will prevail. This being true, people often breathe a sigh of relief when they finally realize there are simple, common sense solutions to problems. One of the simplest ways to solve problems is through conversation.

Before technology evolved with email, cell phones and texting, people would talk together in groups, small and large. They would discuss their concerns and then come together to find a solution.

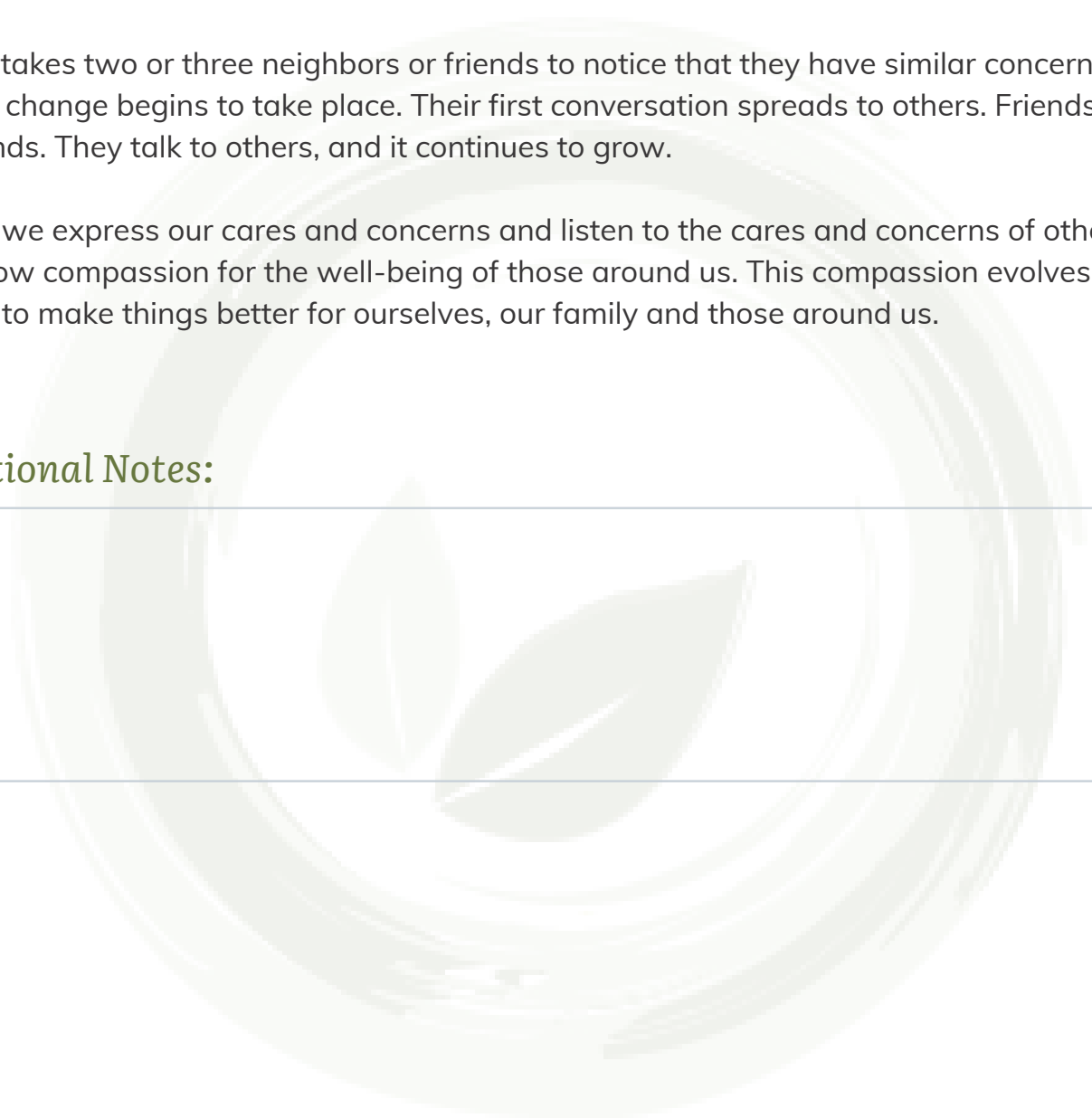
Effecting Change

This is how real change begins, with people talking to one another about what they care about. Is there an increase in automobile accidents at a particular intersection? Has there been an increase in burglaries in the neighborhood? Are more people from the same area becoming sick with the same illness?

It only takes two or three neighbors or friends to notice that they have similar concerns before change begins to take place. Their first conversation spreads to others. Friends talk to friends. They talk to others, and it continues to grow.

When we express our cares and concerns and listen to the cares and concerns of others, we show compassion for the well-being of those around us. This compassion evolves into action to make things better for ourselves, our family and those around us.

Additional Notes:



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