



Mindfulness

This technique accompanies the book '[Intention Matters](#)'. It may be of assistance when embedding and embodying your intentions -Step 3 of the IDEA framework.

Mindfulness provides a firm foundation for working with intention. Intention = mindfulness + one- by this, I mean that if you have developed the basic ability to be mindful, intention takes your life to a whole new level.

What is mindfulness?

At its most basic level, mindfulness is a form of attentional training. By cultivating awareness of your thoughts, emotions and body-based responses (metacognition), your self-knowledge increases, enabling you to manage yourself better and make wiser decisions.

[Mindfulness](#) is a self-management tool that helps you develop your ability to focus attention on the situation at hand, with the intention to observe the judgments you make, and choose how to respond appropriately. Developing this ability helps you to step away from autopilot or rote responses, observing with an open mind both context and different perspectives more clearly, and making smart decisions. Everyone has the capacity to be mindful, but like anything worthwhile, it takes time, effort, and practice.

Mindful intention

When working with intention, you may need to override well-established habits and thought and behaviour patterns. Practising mindfulness helps you to recognise habits, changing them if they are no longer serving you well.

Developing mindfulness

Researchers believe it takes six to eight weeks to develop and embed a new skill in your brain. Developing mindfulness isn't instant either; it takes a little time and effort. The more you practice, the more embedded it becomes in your brain and the easier it becomes to be mindful in the face of life's challenges.

Mindfulness is developed through a combination of psycho-education (practical psychological models to help you to manage your mind), formal practice (very specific meditation-based exercises designed to help you to approach and explore present-moment reality rather than ignoring it, avoiding it, escaping it) and informal everyday mindfulness (paying some mindful attention to things you do every day).



To start to develop mindfulness, you could:

1. Attend a course. Find a trainer:
 - a. MBSR or MBCT eight-week clinical model: <http://bemindful.co.uk/learn-mindfulness>
 - b. WorkplaceMT six-week work-focussed mindfulness: <http://workplacemt.com/trainers>
2. Teach yourself mindfulness following guidance in a book and accompanying MP3s:
 - a. A general eight-week course is outlined in the book: Williams, M. and Penman, D. Mindfulness, a Practical Guide to Finding Peace in a Frantic World. Piatkus. 2011.
 - b. A six-week course designed for professionals can be found in: Adams, J. Mindful Leadership for Dummies. John Wiley & Sons. 2016. Teach yourself mindfulness via an online course.
3. Be Mindful Online has been the focus of a robust academic study. It can be highly effective if you follow it as recommended by the course designers. Visit <https://www.bemindfulonline.com> for further details.
4. Learn mindfulness via 1:1 coaching. Executives, busy people and those with very specific needs often benefit from 1:1 coaching to develop mindfulness. Ideally, meetings should be face to face but can be facilitated via web-based meeting platforms such as Skype or GoToMeeting. Dr Tamara Russell and I have lots of experience in teaching mindfulness in this way. We can be contacted via info@intention-matters.com

You might also like to try our short mindfulness based exercises described in chapter 10 of Intention Matters:

- ☞ IM3 Exercise 1: Tuning into your thoughts.
- ☞ IM4 Exercise 2: Using your body as a radar.

MP3 recordings of IM3 and 4 can be found on the MP3 area of our resources page: <http://www.intention-matters/resources>

Key words:

Mindfulness, Change, readiness, transitions, Intention, Create the life you want, Manifest, Manifestation, change your life, achieve your goals, power of intention, Wish, Goal, Dreams, dream, Brain, Mind, Happy, purpose and values, purpose, Intention Matters, Science of intention, Neuroscience of Intention