The Role of Attention in Sustaining a Mindful and Purposeful Lifestyle

Hosted by Caroline Welch
Co-founder and CEO of the Mindsight Institute
Author of *The Gift of Presence: A Mindfulness Guide for Women*
Presence = Mindfulness = Mindful Awareness

Being Aware

Right Now

Without Getting Carried Away by Judgment

By Paying Attention

With Kindness for Self and Others

PRESENCE
We Can All Access Awareness

- We can develop clarity, calmness and gratitude
- Being present increases our capacity to hold it all
- Fear, uncertainty and loss can co-exist with clarity, calmness and gratitude
- Thoughts, feelings and sensations are fleeting
Forget Balance!
Now is a good time to change

I am anxious → I feel anxious

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Self-Compassion is Self-Care

- Self-kindness
- Common humanity
- Mindfulness

Kristin Neff
1st P - PURPOSE

“What matters most?”

Provides direction towards valued goals

Positive impact on others

Provides meaning
The Benefits of Having Purpose

- Adds years to our lives
- Reduces the risk of heart attack and stroke
- Cuts the risk of Alzheimer’s by ½
- Repairs our chromosomes
- Increases good cholesterol
- Helps us to relax during the day and sleep at night
Finding Purpose

Who do you look up to?

What do you value in life?

- Independence
- Family
- Friends
- Security
- Environment
- Helping Others
- Improving Your Community
- Volunteering
- Work
- Parenting

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Top 5 Regrets of the Dying

1. I wish I’d had the courage to live a life true to myself, not the life others expected of me.

2. I wish I hadn’t worked so hard.

3. I wish I’d had the courage to express my feelings.

4. I wish I had stayed in touch with my friends.

5. I wish I had let myself be happier.

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Dispelling the Purpose Myths

Purpose requires passion

Purpose is not one-and-done

Purpose is not a luxury, only for the privileged
The first step in finding your Purpose is being present with what is.

Ask yourself:
“What matters most to me?”
Pivoting with Presence

- Pivoting with Presence is...  
  Being mindful that when making a change, we still have our anchor -- that is, our skills, experiences, relationships, and other resources that support us

- Crisis v. Proactive Pivoting...
  “I have to...” v. “I choose to...”
Pivoting
2nd P - PIVOTING

Set Anchor
3 Ws: What’s Working Well? Rely on our Resources, Skills, Experiences and Relationships

Overcome the Hurdles
Fear of Uncertainty Time of Enduring Distraction Anxiety, Dread

Meet the Challenge
Cultivating Confidence Growth v. Fixed Mindset Building Resilience
5 Tips for Pacing

- Titrating the Tech
- The Myth of Multitasking
- Puttering
- Cumulative levelling
- Selective neglect
Honor Your Pace,
Life's Not a Race!

This feels like a...
ROCK
PEBBLE
BOULDER

I have capacity to hold a...

I'd love your help!

NEW PROJECT
4 Features of Pacing

Setting our own pace

Recognizing what life stage we are in

Taking a long(er) view of our life

Focusing our limited resource of attention on what matters most
“Knowledge is learning something every day. Wisdom is dropping something every day.”

~ Lao Tzu (Paraphrased)

The Gift of Presence, page 180
Enjoy more of what my mom calls “the small life.”

Savor the ordinary, day-to-day activities or events.

Morning tea, walking your dog, noticing the sky, or ...?

What is it for you?

Notice and treasure these moments.
Thank you for your presence!

Some useful links:

Caroline Welch’s website

The Gift of Presence Book

The Gift of Presence Card Deck

Upcoming event – May 14-20, 2022 – Forest Bathing and Mindfulness Workshop in a Medieval Castle in France

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