

The Role of Attention in Sustaining a Mindful and Purposeful Lifestyle

Hosted by Caroline Welch

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Author of *The Gift of Presence: A Mindfulness Guide for Women*



Presence = Mindfulness = Mindful Awareness

Being Aware

**Without Getting
Carried Away by
Judgment**

Right Now

PRESENCE

**By Paying
Attention**

**With Kindness for
Self and Others**

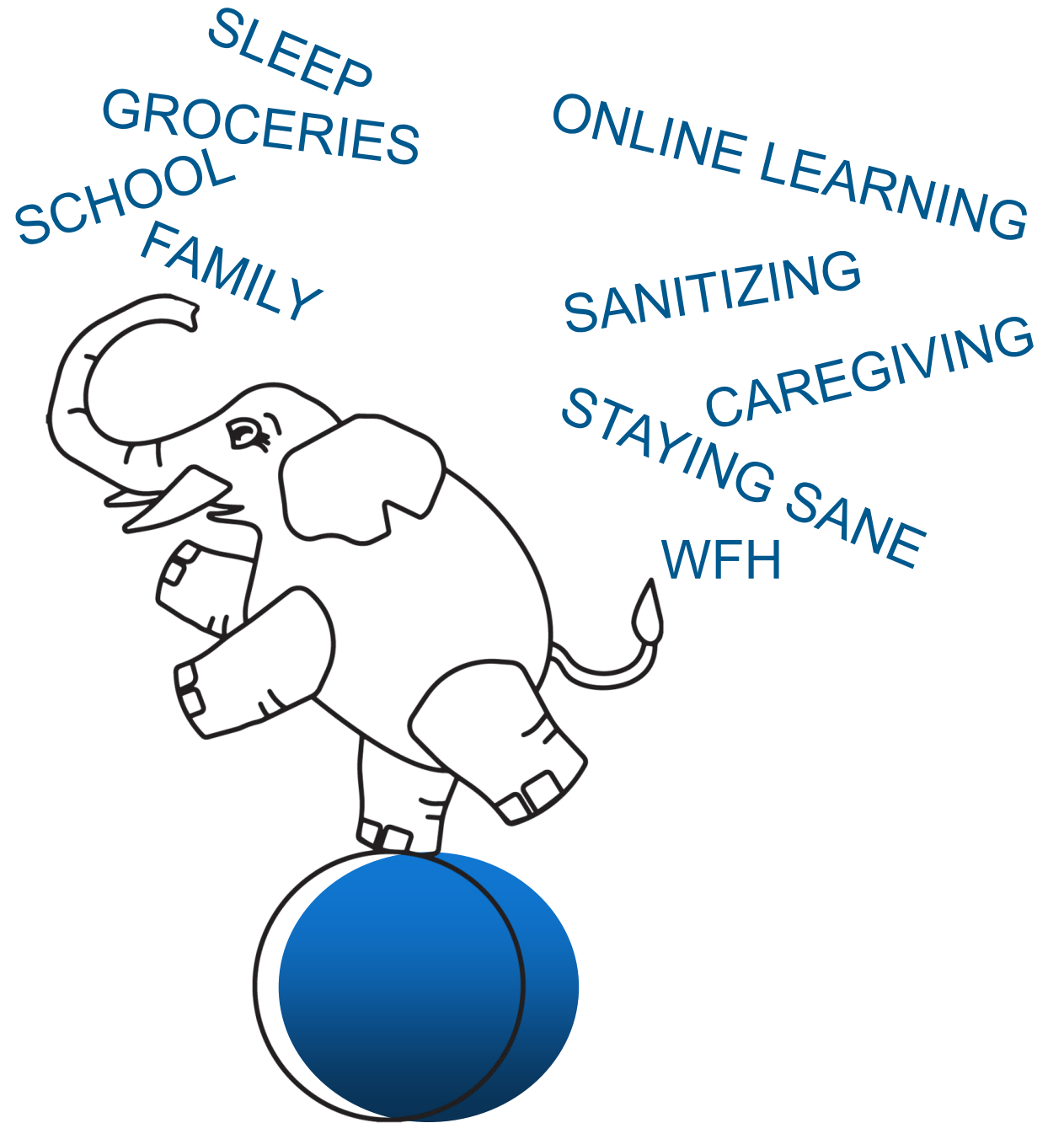


We Can All Access Awareness

- 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!

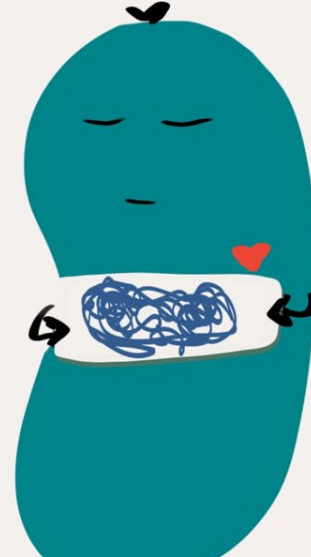


NOW IS A GOOD TIME TO CHANGE
I AM ANXIOUS → I FEEL ANXIOUS



"I AM"

vs.



"I FEEL"

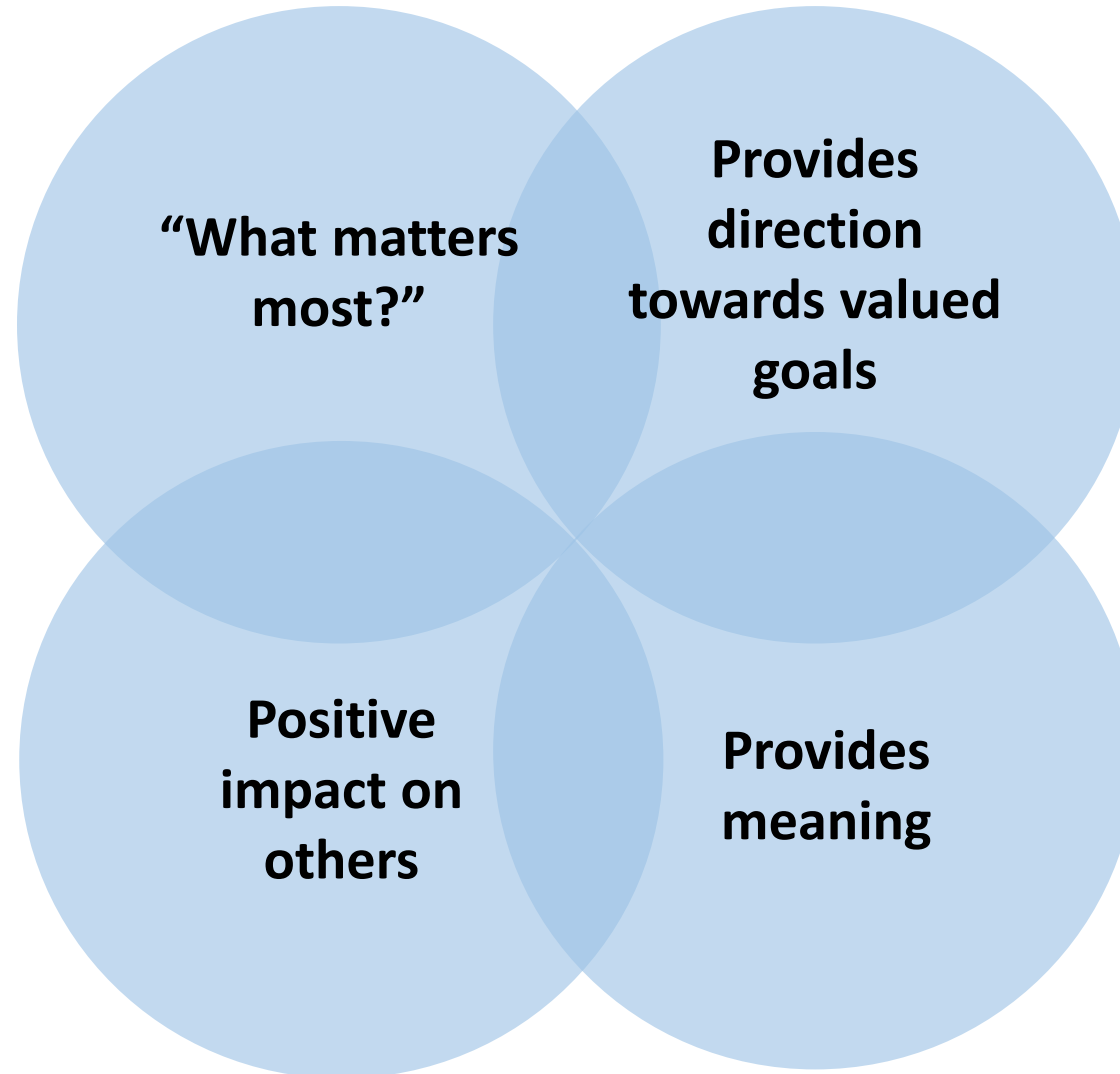
Self-Compassion is Self-Care

- Self-kindness
- Common humanity
- Mindfulness

Kristin Neff



1st P - PURPOSE



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



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.



Dispelling the Purpose Myths

Purpose requires passion

Purpose is not one-and-done

Purpose is not a luxury, only for the privileged





Purpose

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

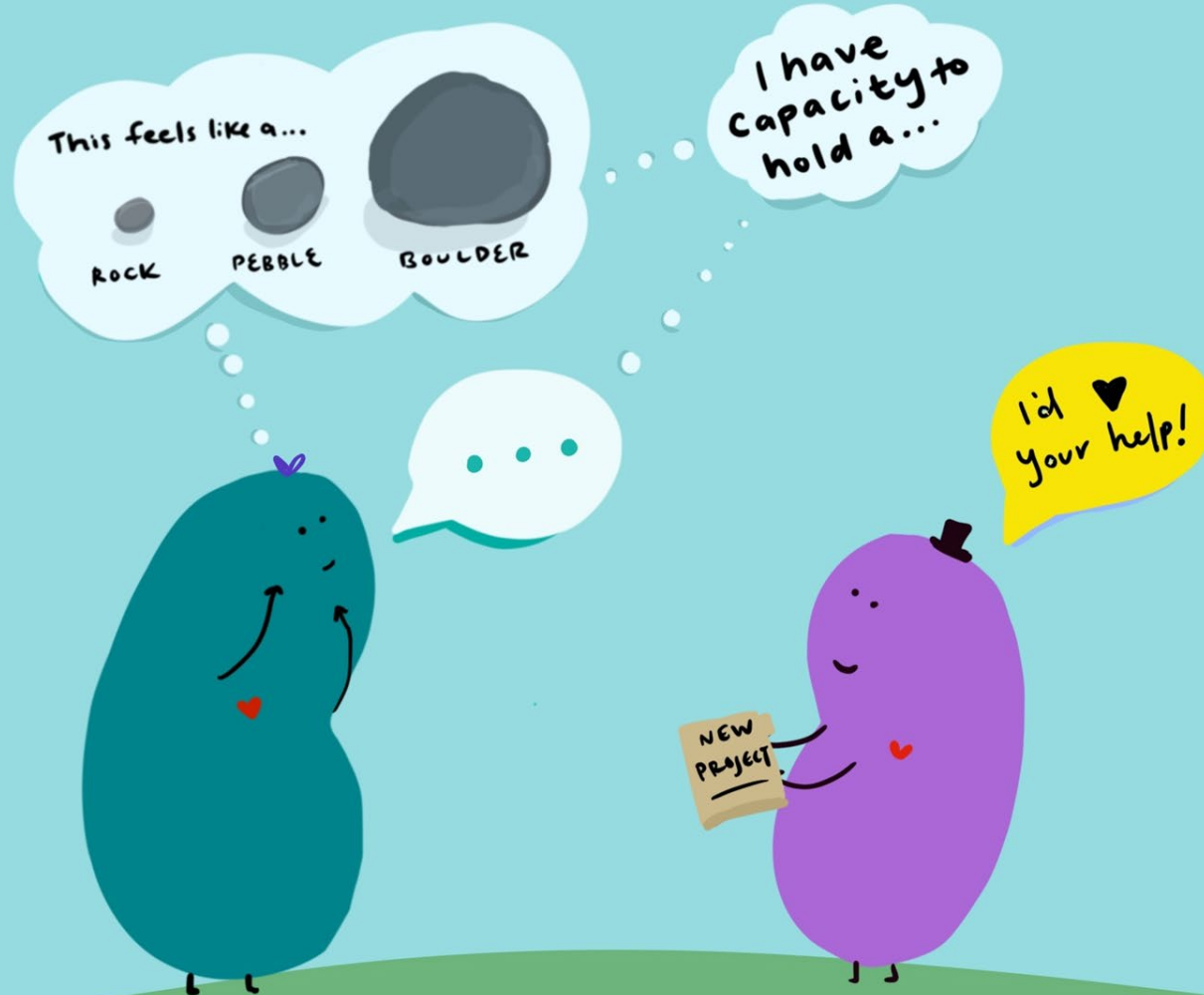
**Cultivating Confidence
Growth v. Fixed Mindset
Building Resilience**

5 Tips for Pacing

- Titrating the Tech
- The Myth of Multitasking
- Puttering
- Cumulative levelling
- Selective neglect



Honor Your Pace, Life's Not a Race!



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





Pacing

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!

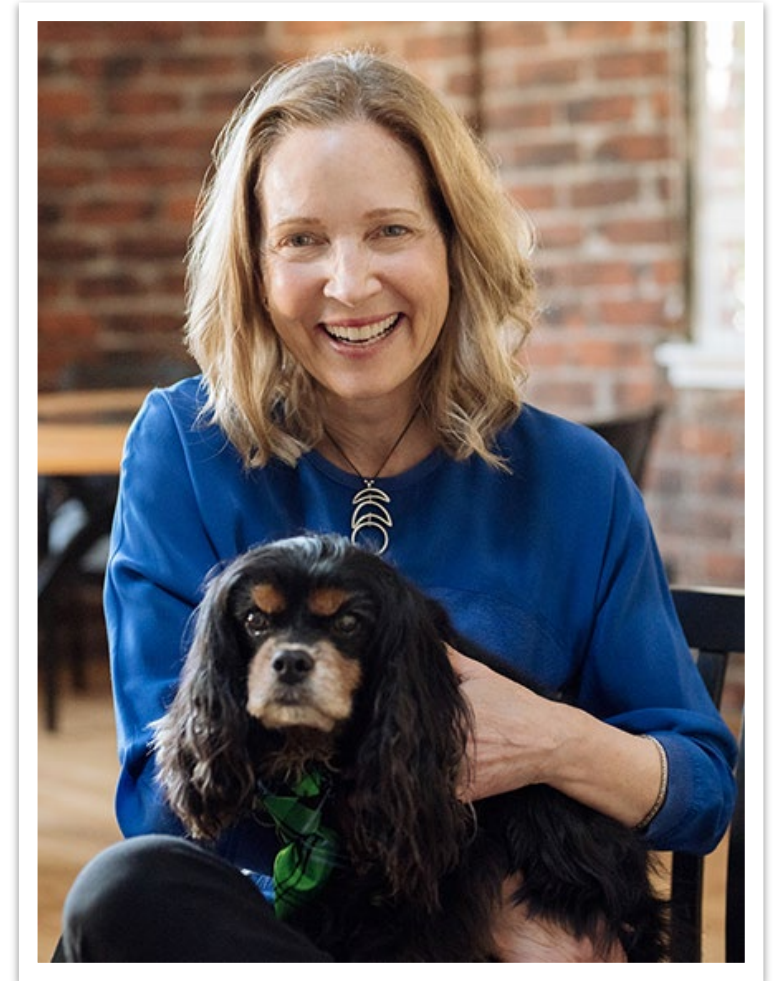
Some useful links:

[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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