



*cultivating
mindfulness*

A 5 DAY COURSE BY
HART EMILIA WILLIAMS

www.sertomawellness.com



Introduction

Cultivating mindfulness through small actions each day is not only incredibly good for our brain function, it is vital for overall mental health and well-being.

This course is filled with tons of goodies to help you fill your mental health toolbox & bring mindfulness to your daily life far beyond this course!

My suggestion: download these pictures to your phone and create an album- carve out time each day to return to the album for your daily readings, tasks and activities. Copy and paste the links from the e-mail into a note for easy access!

What you'll need: a journal for daily reflection



Day One: Getting an Intention

There is a reason that we do this at the beginning of every yoga class. Knowing your “why” is a huge step in understanding the things that fill up our cups, the things that don’t align with our highest selves and the little things we do each day that get us closer or further away from our goals.

Congrats on downloading this course! You have set the intention of cultivating more mindfulness in your life and taken the first step towards doing so.

Day One: Getting an Intention

What's next? Take some time to ask yourself what your goals are for your mental health, state of mind, personal journey etc.

Grab a journal and dedicate some time each day to expanding on these ideas.

Daily journal prompt: My journey in life is like my yoga practice, I take a deep breath and set my intention :

I AM:

I WILL:

I CAN:

How I can take a step towards my intention today:



Day Two: Mindfulness Practices

Being mindful means staying present and staying aware of what we give our energy to.

When we tune into the subtleties of our own being- the depth of our breath, where we are holding tension, what sounds we hear, what scents we smell etc. - we start to tap into a consciousness that can only exist in the now.

Anxiety lives in the potential future of “what if”
nostalgia and depression live in the past in the
place where they do not serve us. Clarity exists
NOW.

Mindfulness Practices

Meditation:

YouTube a guided meditation or repeat a mantra in your mind! Starting with small 5 minute meditations daily builds up mental resilience and helps to reduce stress, increase problem solving skills and insights feelings of calm and happiness.

Being in nature or going on a walk:

Did you know that being surrounded by trees or a large body of water for 20 minutes will increase serotonin levels in the mind and make us happier and more clear headed. Walking or driving while problem solving helps us to mentally move forward. Going on a walk is a great way to be present with your emotions in a productive and mindful way.

Yoga:

Just getting on your mat and putting on music is a great way to slow down and tune into your body's needs. You'll be surprised how much your body tells you when you start to notice your breath and where you're holding tension.

breath work exercise

Take 10 deep breaths while visualizing waves rising and falling.



flow it out

Daily task: Hop on your mat for this mindfulness yoga practice!

click here!



Day Three: Staying Present

When on any journey, it's easy to get caught up in where you are going instead of where you are right now. Take some time today to have minimal screen time, no set agenda, no distractions & engage in one of these activities that is calling to you.

yoga practice
drawing
free writing
going for a walk
meditation
doing a body scan
reiki self healing

Daily task: journal about your mindful activity

mindfulness meditation



flow it out

Daily task: Take 5 minutes for you today
and listen to this guided meditation.

click
here!



Day Four Gratitude

Having gratitude is a great way to check in with ourselves about all the things in life that are the most important to us. Love, joy and gratitude are some of the highest vibrations that we can operate on & calling in these feelings through mindful action allows us to not only be aware of the blessings in the now but also helps us manifest more good things to come.

Daily task: Write down 10 things that you are grateful for right now!



Day Five Learning from Self Reflection

Self reflection is key when it comes to self awareness, mindfulness and ultimately personal evolution. When we physically take pen to paper and free write- our brain enters a creative mode that allows us to tap into deeper thoughts, emotions and personal revelations. As we wrap up the course on mindfulness- take today to practice your favorite mindfulness technique and write a journal about it.

Here are some journal prompts to promote mindfulness in your journey to come.

- highlight of the day
- whispers from the universe
- what right now feels like
- ways I can fill today with LOVE



Conclusion

Thank you so much for sharing 5 days of mindfulness with me! I hope this was a relaxing and therapeutic experience for you that added some tools to your mental health tool kit and added some good, self-care vibes to your day.

Stay connected with me on instagram @sertoma.wellness for all things yoga, reiki and good vibes.

This course is donation based so if you feel called to, please Venmo \$1 or more to @theyogihart

Once again, thank you so much. The divine light in me honor the divine light in you.

Namaste.



www.sertomawellness.com