

Mindful actions create a better world view where you are present, curious, accepting and invested in those around you.

Mindless actions create drama, resistance and fear for you and those around you.

Virgin Pulse + **whil.**

How to Be Mindful, Not Mindless:

a guide to more happiness

Virgin Pulse + **whil.**

Everything's gonna be alright.

Whil is a leader in digital wellbeing training to help you reduce stress, increase resilience and improve your sleep and performance.

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MINDFUL

Things I Believe

- Everything's gonna be alright.
- I'd rather learn than be right.
- Being transparent/vulnerable creates connection and puts people at ease.
- I don't have all the answers. There are always more than two possibilities.
- Everything and everyone is my ally.
- It's good to question my thoughts, beliefs and assumptions.
- The only validation I need comes from myself.
- I don't take things too seriously.
- There is a difference between what actually happened and "stories".
- Jumping into arguments or chaos isn't for me.

Things I Do

- A feeling of abundance/openness.
- Mindful breathing.
- Be authentic; Share life stories.
- Mindful listening; Make others feel heard and appreciated.
- Take responsibility; Speak openly.
- Body scan; Label my emotions.
- Mindful conversation; Create win/win solutions.
- Create fun for myself and others.
- Separate facts from emotions.
- Stop-Breathe-Notice-Reflect-Respond (SBNRR).

Things I Say

- "We got this." "We're a team."
- "I appreciate you for..."
- "Here's what I learned from this..."
- "Why is the opposite just as true?"
- "I take responsibility for..."
- "I feel..."
"I'm experiencing..."
- "What I heard you say is..."
"What I heard you feel is..."
- "Let's find the fun in this."
- "What happened, without adding to it or taking away from it?"
- "I understand your perspective."
"How can I help?"

MINDLESS

Things I Believe

- Being right is most important.
- I'm threatened.
- People and/or circumstances are working against me.
- I suffer from scarcity. There's never enough.
- I don't have control.
- There is a right way and a wrong way.
- My perspective is the right one.
- I don't have a choice.
- I'm not committed.
- I'm better/worse than...

Things I Do

- Cling to power and opinions.
- Find fault; Place blame.
- Gossip and tell stories.
- Get overwhelmed.
- Justify; Rationalize.
- Protect my ego/identity.
- Ensure others lose; Gather support.
- Avoid conflict.
- Check out; Take advantage; Get mine.
- Argue; Compare.

Things I Say

- "I have to..."
- "It's not possible."
- "This is/They are a joke."
- "It's not my fault." "I'm overwhelmed."
- "I'm trying to..." "The fact is..."
- "You don't understand..."
- "Whose side are you on?"
- "I'm sorry, but..."
- "I could do better."
- "Why am I treated this way?"