

Mindfulness is a practice of presence. It gives us direction, helps us to establish our TRUE NORTH, and by creating new neural pathways, it gives our brains the much-needed reinforcement to connect to the things we want most.

Every person on the planet has a gap in their lives...

Dan Sullivan of Strategic Coach says that when we focus on the gap, we miss the GAIN.

Your brain isn't YOU, it's part of your body. Therefore, thinking about your thinking is super helpful. Our brains love visions and can't tell the difference between what is real and what is visualized. (Remember The Pianist?)

That's why we dig into how and why to manipulate our brains to do what we want - we need to see the BRIDGE, not the gap!

Mindful Bridges are built using our brains as the General Contractor, but also using a whole host of other tools - positive self-talk, belief, goals, community, environment, and a hot desire.

Sullivan also says that measurement equals progress. We know this from Sprinting and we use two different measurements (tape and scale) to be the most accurate.

Measure not compare - comparison is a thief of joy!

Remember, the GAP is there. If we measure THAT, we'll feel inadequate, and unfortunately, this is what most people focus on.

Mindful Bridges take a lifetime to build and they require the right tools:

Patience, kindness, willingness, focus, and positivity.

Feelings are fleeting and emotions are temporary, but being mindful is intelligence being exercised. It's recognizing the power of the brain, but also the powerfulness of our own thoughts around this bridge building.

A Mindful Bridge gets us off the Carousel of Crazy -

So let's build a Mindful Bridge:

1) Create 12-week goals, not yearly. (Join us for the Take Back Your Life Journal Workshop on May 15th if you need help! More details coming soon! )

2) Keep measuring your "build"

3) Celebrate each construct - those are wins!

4) Happiness HAPPENS on the outside, but we can feel other feels. We can also create our own version of happiness on the inside if we decide to.

5) Lose the victimhood. It's boring, it's so yesterday and it accomplishes NOTHING.

Use steps 1-5 to create new transformation thoughts. Remember, you're worth the effort to build this Mindful Bridge; your life is on purpose, for a purpose.

Get busy on that bridge - it's yours to build!