



PAULA PLUCK

## FREE Mindful Well-being Coaching Course



### Wiring

Now you know a little more of what makes you tick and how your thoughts are affecting your emotional well-being, it's time to dive a little deeper.

The next step is to explore what is in your wiring. The next meditation is a core breathing exercise, which is quick and easy and can be used as a preamble to the Body Scan or the Progressive Relaxation Technique.

The accompanying track guides to take a look at your 'Story' what you tell yourself about yourself. This will help you decide on some important changes you would like to make in your life.

Part of your story will be pleasant, other unpleasant and some neutral in your response to life, that's normal. As we are in the business of creating strong neural pathways for a happier life, this is a good opportunity to consider which are the most helpful to us and enhance the love affair with yourself – treating yourself with the kindness and compassion we would treat those we love.

Then, with the gentle clarity that meditation brings fresh in your mind, write down 10 things that really make you feel alive, and 10 that you'd like to be do-





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ing but you're not. Once you've done that, next to the 10 things holding you back, write why you're not doing them.

Change doesn't happen overnight of course, but it always starts with a greater clarity as to what needs changing - and this exercise will help you bring a lot of your wiring onto consciousness. It needn't take long, but its effect can last forever.

Maybe you also want to think about some goals around diet and exercise to support your life and well-being.

Here's some science about mindfulness & stress:

[https://journals.lww.com/psychosomaticmedicine/Abstract/2003/07000/Alterations\\_in\\_Brain\\_and\\_Immune\\_Function\\_Produced.14.aspx](https://journals.lww.com/psychosomaticmedicine/Abstract/2003/07000/Alterations_in_Brain_and_Immune_Function_Produced.14.aspx)

Love

Paula

**“Everything is created twice, first in the mind and then in reality.” ~Robin S. Sharma**

