

Everyday Mindfulness

From Chaos To Calm
In A Crazy World

Holly Duckworth, CAE, CMP

January 01

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My intention for today is

Intention & Attention

“Our intention creates our reality.” ~ Wayne Dyer

Intention is your energy in motion as you begin this new day. And each day forward, you will be asked, “What is your intention for this day?” People have different definitions of intention. I invite you to use the one that is right for you. For some, an intention may be like a “to do.” For me, it is not something to do; it is how I choose to show up energetically each day. Place your word, or short statement, in the upper corner of each daily page. Use this word or statement to ground you more mindfully throughout the day. Whatever you focus on increases. When you desire to move from chaos to calm using this book, you will choose calm each day.

Here are a few examples to get you started:

Happy

Beautiful

Kind

Hope

Courageous

Patience

Thoughtful

Nice

Love

Faith

Excited
Balanced
Determined
Brave

Focus
Grace
Peace
Worthy

Each day, as you practice your mindful living and mindful leadership, begin with your intention before your daily task list, using the place on each page to write your intention down. While I do recommend you select positive words, there may be a time and place to set a negative intention. For example, my intention this day is to reduce chaos, or let go of concern. I recommend positive intentions, as what you focus on increases. You could state those negative intentions another way such as increase ease or tranquility. Your words matter. Living mindfully means honoring the up days and the down days. You may wish to flag this page to come back to it periodically for sample words to guide your daily intention-setting practice. Where you put your intention and attention, you will experience growth.

January 02

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My intention for today is

Words of Affirmation

“Do not talk different; act on it.” ~ Holly Duckworth

As we move into this new year, we are often flooded with ways to create vision boards or songs or statements of what we want that year to be about. Often, those may be forgotten before the end of the week. This year, give yourself a mindful break. Allow yourself to move with the ebbs and flows of life. Read each daily quote and feel it as your truth in that moment. Use my brief thoughts to help you activate the positive truth of that quote in each day.

Today, make this the day you do not talk about change; instead, you act differently. What is one thing you can do differently to make your life different this year? What is one thing you will become this year to make your life different and better?

February 03

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My intention for today is

Belief in Love's Power

"One of the most spiritual things you can do is embrace your humanity. Connect with those around you today. Say, "I love you," "I'm sorry," "I appreciate you," "I'm proud of you"...whatever you're feeling. Send random texts, write a cute note, embrace your truth and share it...cause a smile today for someone else...and give plenty of hugs."~ Steve Maraboli

Today, remember you are a human being, not a human doing. Wherever your path takes you this day, center back into your humanbeing-ness. Be mindful in how you are sharing your energy with the world. Are you the man or woman always in a hurry, rushing to the next thing? That energy is what people feel when they are with you. As you read this today, return to your belief in love. Mindfully carry the energy of love with you wherever you go today.

February 04

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My intention for today is

Bold Boundaries to Self Love

“Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others.”

~ Brene Brown

No. Did you know that the word no is a complete sentence? It is. One way to practice self love is to set boundaries. Today, and every day, I invite you to make choices that choose you. Say “yes” when you feel the “yes.” Say “no” when you feel the “no.” These boundaries are healthy. Anyone who honors a boundary will soon learn a no is a yes to something else wonderful. It is never about the other person or project. It’s simply a yes to you.

February 05

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My intention for today is

Potential of Love

“Love goes very far beyond the physical person of the beloved. It finds its deepest meaning in his spiritual being, his inner self. Whether or not he is actually present, whether or not he is still alive at all, ceases somehow to be of importance.” ~ Viktor E. Frankl

The human body is wired for survival. We don't have to think about breathing or living; we naturally breathe, and from that breath we take in life. Holocaust survivor Viktor Frankl so eloquently lived love even from the darkest depth of a concentration camp. His life showed us how inner strength is naturally potent love that has its being within us. No matter what challenge or opportunity you face this day, lean in to love. Love is your essence, potential, and power. In love, you find meaning.

March 05



My intention for today is

Decide & Make A Difference

“What you do makes a difference, and you have to decide what kind of difference you want to make.”

~ Jane Goodall

Our world needs everyone single of us. There is no big or small in jobs. No more or less in contributions. Today, ask your heart what difference it is here to make. Accept your particular difference a little more each day. Find a way to contribute that difference. We don't remember the whole of life; we remember the difference each person made here on Earth.

March 06

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My intention for today is

Future Fulfilled by Belief

“Your present state of mind influences your future status and money.” ~ Raj Setty

Where are you with your state of mind about money? That mind creates your emotions and the world you live in. As you look at your checkbook or financial records on this day, what story are you telling? Create the future you want with the words and stories about money that you tell.