



THE MINDFUL LIFE *workbook*



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MODULE

Introduction

Hello!



Welcome to the Mindful Life Workbook—an empowering guide crafted with you, in mind. This workbook is designed to be your companion on the journey toward greater growth, clarity, and well-being.

As you step forward into this mindfulness journey, remember that each breath, each mindful movement, and each moment of inner reflection is a step towards personal growth and resilience. The practices shared in this guide are not just tools; they are an invitation to reclaim control over your mind and emotions, fostering a sense of empowerment in the face of life's uncertainties.

We are so grateful to have the opportunity to serve you and we look forward to being a part of your journey.

Kim DeMoss

Project Mindful Movement

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About the Process

Beyond the pages of this guide, the mindfulness journey continues. As you integrate these practices into your life, let them become an integral part of your daily routine. Explore, experiment, and adapt the practices to suit your unique experiences. In doing so, you not only enhance your well-being but contribute to a culture of mindfulness within your community.

In the chapters that follow, practical tips and resources await to support you in maintaining a mindful lifestyle. We encourage you to use what works for you and let go of what doesn't. May your journey be transformative, empowering, and filled with the resilience that comes from embracing mindfulness.

YOUR THOUGHTS:



MODULE 1

Learn

What is Mindfulness?

Mindfulness, simply put, means paying attention on purpose.

In our fast-paced society this can be quite counter cultural, and we can end up with a mind literally full of ideas and thoughts and no space to process them.

The battlefield of the mind

Life's demands can often feel like navigating a battlefield of the mind, with high-stakes situations, intense commitments, and the emotional toll of day-to-day challenges. As cheesy as it can sound, mindfulness can be a powerful tool to navigate life's challenges both big and small. At its core, mindfulness is about being fully present—aware and engaged in the moment, free from judgment or distraction.

The relevance of mindfulness

In the chaos of everyday life, staying grounded and focused is not just helpful; it's essential for maintaining balance and well-being. Rooted in ancient practices, mindfulness offers practical tools for navigating life's challenges with clarity and intention, making it a vital skill for anyone seeking to cultivate a more mindful life.

The benefits of mindfulness

- 1. Stress Reduction:** Stress is an unavoidable part of life, but mindfulness provides effective techniques to manage it. By staying anchored in the present, you can respond to stressors with clarity and resilience rather than reactivity.
- 2. Improved Focus:** Whether juggling work, family, or personal goals, maintaining focus is a valuable skill. Mindfulness practices like mindful breathing and intentional observation help sharpen attention and decision-making abilities.
- 3. Enhanced Overall Well-Being:** Beyond managing stress, mindfulness contributes to better emotional regulation, improved sleep, and a stronger connection to yourself and others—key elements for a balanced and fulfilling life.

PRACTICING MINDFULNESS



Keep it Simple

Mindfulness is a buzz word that simply means paying attention on purpose. When you are doing something, be there, fully immersed in that activity, whether it be eating, folding laundry, or walking the dog.

The journey isn't linear

The journey will look different for everyone, even in the same home, family, or friend circle. The key is to find what works for you and continue practicing.

Take your time

Slow down your normal pace, take a few deep breaths between activities and soak up the little details. Start paying attention to the time in between the gaps in your day.

Stay present

Try not to dwell on what happened yesterday or your to-do list for tomorrow. The time will always come, it's what you do with it that matters.

Mindfulness as a Path to Growth

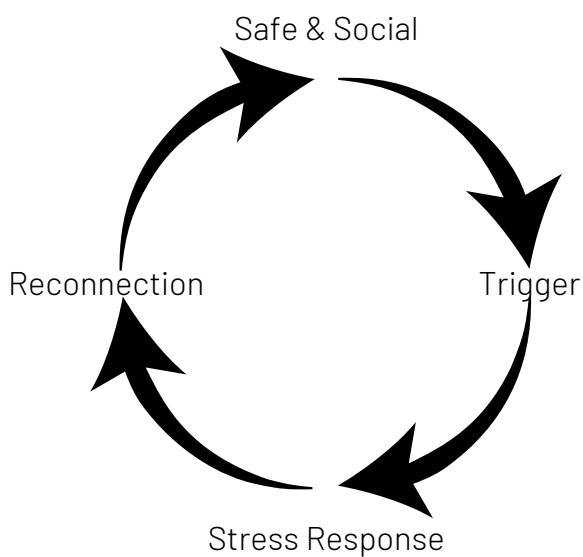
Think of mindfulness as a growth tool—a discipline that enhances not only mental clarity but also emotional resilience and self-awareness. As we explore the following chapters, you'll discover specific mindfulness techniques designed to integrate seamlessly into your daily routines, supporting a life of intention and presence.

Embracing mindfulness isn't about changing who you are; it's about refining how you navigate life's challenges. By prioritizing mental wellness alongside physical well-being, you can unlock a more balanced, empowered, and mindful way of living.



YOUR THOUGHTS:

The Stress Cycle



So how do we complete the stress cycle, align ourselves and come back to homeostasis? It starts by having strong self-awareness, cultivating a friendly relationship with our stress triggers and listening to our body. We also have to make sure we're fueling our bodies and nourishing our souls with healthy food, movement, space to breathe and fun!

When stress inevitably finds its way into our lives, we are faced with a choice. The first step is acknowledging its presence and then, consciously deciding to navigate through it. Stress has a profound impact on our physical well-being, elevating the levels of stress hormones like adrenaline and cortisol in our bodies. In the mindful life journey, we learn to confront and move through stress, cultivating resilience and harmony within ourselves.



Stress & Self-Awareness

Life can be a roller-coaster. Between all the commitments, dreams, hopes, and plans, sometimes the things that give us life are also the things that drain us. When they do, we must remember to honor ourselves with space and time away to reset and recharge. When stress takes a seat at our table, we have to consciously make a choice to first acknowledge it and then take the steps we need to move through it. Let's work on acknowledging our stress here so when the stress cycle begins, we have the tools to work through it mindfully.

The top 5 things I sometimes (or often) stress about:

01

02

03

04

05

Do you sense tension anywhere?

What kind of feelings are emerging?

Where do you feel these emotions?

What could these feelings be telling you?

STRESS CYCLE

Strategies

What are your strategies that help you complete the stress cycle?

What does it feel like when you complete the cycle?

Where do you feel safe to feel your big feelings? In a place? With a person? Doing an activity?

How can you invite more of your strategies into your life on a daily basis?

STRESS CYCLE COMPLETION STRATEGY

IDEAS & HABITS

Incorporating a variety of these healthy habits into your routine provides a holistic approach to completing the stress cycle, nurturing both your physical and mental well-being.

MIND

- MINDFULNESS MEDITATION
- DEEP BREATHING EXERCISES
- JOURNALING
- QUALITY SLEEP
- BREATHWORK FOR RELAXATION

BODY

- RUNNING OR CARDIO WORKOUTS
- WEIGHT LIFTING OR STRENGTH TRAINING
- YOGA AND STRETCHING
- MINDFUL WALKING
- HEALTHY NUTRITION

CONNECTION

- CONNECTION WITH NATURE
- SOCIAL CONNECTION
- CREATIVE OUTLETS
- DIGITAL DETOX
- GRATITUDE PRACTICE

The best strategies are the ones you'll actually do. So if you try a practice and it doesn't feel right. Let it go and try something new!



MODULE 2

Practice



Practice makes progress

1

2

3

Tactile Breathing

Mindful Movement

5-4-3-2-1 Meditation



TACTILE BREATHING

Why it works?

This technique links your sense of touch with your breath, quickly and effectively reconnecting you with your body. This helps to reduce symptoms of anxiety in just a few breaths.

When to practice?

This practice can be done anytime you feel stressed or anxious and need to get out of your head and back into your body fast.



How to practice?

- Start with one hand open
- Use the opposite hand to trace your fingers starting with the pinky finger
- Inhale as you trace up the first finger
- Exhale as you trace down the first finger
- Repeat with all fingers, moving slowly, using your inhale and exhale to guide you
- Once you get to your thumb you can go back the opposite direction or start over
- Repeat as many times as needed until you feel a sense of connection back into your body

Want to try it with us?

[Click here to watch a video](#)
of the Tactile Breathing practice.



1-4 Tactile Breathing Practice | Mindful Life Workbook | Quick Nervous System Reset

BREATHING
to shift your Mindset

Watch on YouTube

WWW.PROJECTMINDFULMOVEMENT.COM

Mindful Movement Yoga Practice

Yoga flow practices can mean a lot of different things to different teachers and students. Yoga flow is an all encompassing word that means you're moving at a faster pace through your practice and generally adding in sun salutations as transitions between postures. The yoga flow style is a great option to create flows that you personally enjoy practicing and then teaching your students.

As with any faster paced practice, make sure to allow for time during transitions and offer modifications and adjustments to any of the poses to help the pose fit the body rather than the body to fit the pose. Yoga flow is about creativity, fluidity, and a balance between active work poses and passive poses to stretch and lengthen the body.

Three things to remember during a yoga flow practice:

- Work to synchronize breath with movement
- Allow time and space for exploration
- Allow for adequate time to rest after a vigorous flow.

Believe in you.



Mindful Movement Yoga Practice

Beginner Yoga Flow Series 30 minutes

- Start in an easy seated posture. Any pose that feels comfortable for the body and allows you to ground into your body, mind, and breath. Practice deep belly breathing for 5-10 breaths to center your practice.
- Begin to gently add movement with the arms up and to heart center for 3-5 breaths, then add gentle twists side to side.
- Transition to **tabletop** pose and begin to move the spine with **cat and cow** poses as you match breath with movement.
- Slowly sit into **child's pose** and again, reconnect with your breath.
- Tuck the toes and breathe into **downward dog**. Gently pedal the heels, move the hips in figure 8s or find a variation that feels good for the body to stretch the legs and build heat into the arms.
- From **downward dog**, find your flow through **sun salutations**. Inhaling to **plank**, exhaling during **chaturanga**, inhale to **cobra** or **upward dog**, exhale back to **downward dog**. Repeat 3-5 times.
- From **downward dog**, bring right foot forward between the hands and find **crescent lunge** (option to move into kneeling lunge). Hold for 2-3 breaths.
- From **crescent lunge**, drop the left heel and turn toes out slightly, bring arms to shoulder height and turn towards the long edge of your mat to make your way into **warrior 2**. Hold for 2-3 breaths.
- On your next inhale, turn right palm over and reach right arm to the sky into **reverse warrior**. Hold for 2-3 breaths.
- On your next exhale, release right forearm to the right thigh as you reach left arm overhead for **extended side angle**. Hold for 2-3 breaths.
- Inhale back into **warrior 2** and then exhale both arms down back to your **crescent lunge** and step back to **downward dog**.
- Repeat your vinyasa flow by inhaling to **plank**, exhaling during **chaturanga**, inhale to **cobra** or **upward dog**, exhale back to **downward dog**.
- Repeat on the opposite side with the left foot coming forward and flowing through **crescent lunge**, **warrior 2**, **reverse warrior**, and **extended side angle**.
- Inhale back into **warrior 2** and then exhale both arms down back to your **crescent lunge** and step back to **downward dog**.
- Repeat your vinyasa flow by inhaling to **plank**, exhaling during **chaturanga**, inhale to **cobra** or **upward dog**, exhale back to **downward dog**.
- Drop the knees and find **child's pose** again. Re-centering the breath and staying here for 3-5 breaths.
- Move into **savasana**. Allow your body to fully melt into the floor. Can use props to allow for a full melting feel. Relaxing each muscle group from the top of your head to your toes. Stay in savasana for at least 5 minutes.



Want to try it with us?

[Click here to watch a video of the practice](#)



5-4-3-2-1 MEDITATION

Why it works?

This meditation practice is a simple way to get back in touch with your body. When we're stressed and anxious, we live in our heads. This meditation practice needs nothing but your own 5 senses to help reconnect you to yourself.

How to practice?

This practice rotates through your 5 senses and counts down, 5-4-3-2-1. You can follow the order below or complete it in any order that feels good for you. It will work no matter how you start.

- Start by taking a deep breath in through the nose and slowly exhale through your mouth with a sigh
- Begin rotating through the 5 senses and notice...
- 5 things you can see (with your eyes open or imagining with your eyes closed)
- 4 things you can hear, near or far
- 3 things you can feel through your body's sense of touch
- 2 things you can smell or imagine smelling
- 1 thing you can taste or imagine tasting
- Take another deep breath in through the nose and slowly exhale through your mouth with a sigh

Want to try it with us?

[Click here to watch a video of the practice](#)



3 STEP

ACTION PROCESS

STEP ONE

CHOOSE THE PRACTICES THAT YOU'LL ACTUALLY BE ABLE TO COMPLETE IN YOUR DAILY ROUTINE.

NOTHING WILL STOP YOU FASTER THAN COMMITTING TO SOMETHING YOU DON'T ENJOY.

STEP TWO

SET A TIMER OR CALENDAR APP REMINDER TO PRACTICE. WHETHER IT'S 2 MINUTES OR AN HOUR, IF YOU FAIL TO PLAN, YOU PLAN TO FAIL.

STEP THREE

SHOW UP FOR YOURSELF. EVEN IF YOU HAVE AN OFF DAY, SHOWING UP FOR YOURSELF IS A COMMITMENT YOU CAN'T AFFORD TO BREAK. THE JOY IN THIS PROCESS IS THAT IT MAY NOT LOOK PRETTY EVERYDAY, BUT YOU'LL CONTINUE TO SHOW UP FOR YOURSELF AND MAKE PROGRESS, ONE PRACTICE AT A TIME.



MODULE 3

Grow

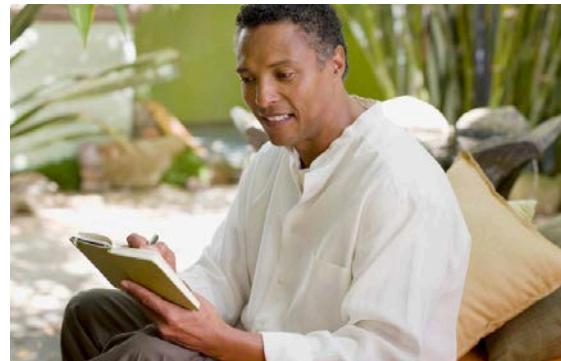
Enhancing your mental wellness

Dive into mindfulness with tools that make self-discovery a little more exciting! Try out our journaling prompts and explore the shift from "Then vs. Now" thinking to build resilience and stay grounded—because a mindful mindset is your superpower!



MINDSET QUIZ

How are you currently working through your life in a mindful way? Do you need a shift? Take the quiz to find out!



MINDFUL JOURNALING

Practice empowering yourself in your mental wellness journey through journaling with insightful prompts.

For more resources check out our website:
ProjectMindfulMovement.com

Project Mindful Movement's Mindset Quiz

Instructions: Answer each question honestly, reflecting on your experiences and attitudes. This quiz is designed to help you gain insight into your current mindset and how mindfulness practices can enhance your daily life.

How often do you focus on your breath to stay present, especially during stressful moments?

- A. Rarely
- B. Occasionally
- C. Frequently
- D. Almost Always

When facing stress, how likely are you to use mindfulness techniques (e.g., deep breathing) to stay calm?

- A. Rarely
- B. Occasionally
- C. Frequently
- D. Almost Always

How often do you actively listen to others without rushing to judgment or formulating a response?

- A. Rarely
- B. Occasionally
- C. Frequently
- D. Almost Always

When exercising or moving, how often do you tune into your body and breath with full awareness?

- A. Rarely
- B. Occasionally
- C. Frequently
- D. Almost Always

How open are you to shifting your mindset or approach when unexpected changes arise?

- A. Not Open
- B. Somewhat Open
- C. Open
- D. Very Open

Before making important decisions, how often do you take a moment to pause and ground yourself?

- A. Rarely
- B. Occasionally
- C. Frequently
- D. Almost Always

Project Mindful Movement's Mindset Quiz

When setting goals, how often do you reflect on whether they align with your values and priorities?

- A. Rarely
- B. Occasionally
- C. Frequently
- D. Almost Always

How often do you engage in activities that reflect your values and bring you a sense of fulfillment?

- A. Rarely
- B. Occasionally
- C. Frequently
- D. Almost Always

During times of change, how likely are you to rely on mindfulness practices to support your well-being?

- A. Not Likely
- B. Somewhat Likely
- C. Likely
- D. Very Likely

How often do you set aside time to reflect on your thoughts, emotions, and overall well-being?

- A. Rarely
- B. Occasionally
- C. Frequently
- D. Almost Always

Scoring

Add up the points for each question: A = 1, B = 2, C = 3, D = 4.

- 10–15: You're just beginning your mindfulness journey—there's plenty of room to grow!
- 16–25: You're developing mindfulness habits—keep building on these foundations.
- 26–35: You're well on your way to embracing a mindful lifestyle—great work!
- 36–40: You're thriving with a mindful mindset—an inspiration to others!

Revisit this quiz regularly to track your progress and deepen your mindfulness practice.

Today's Score

Mindful Journaling

Journaling serves as a powerful tool in enhancing overall mental wellness by providing a structured outlet for self-expression and reflection. The act of putting thoughts on paper encourages self-awareness, allowing individuals to identify and process their emotions. Through consistent journaling, one can gain clarity on patterns of thought and behavior, fostering a deeper understanding of oneself. This process of self-discovery contributes to stress reduction, as individuals become more adept at managing their emotions and navigating challenges with resilience. Additionally, journaling provides a tangible record of personal growth, serving as a testament to one's journey toward improved mental well-being. It empowers individuals to celebrate successes, acknowledge obstacles, and chart a mindful course towards greater emotional balance and overall mental wellness.



Have you ever considered journaling? If so, what was your past experience like? If not, what's held you back from trying it?

Journaling Prompts

Reflect on your breath. Take a moment to focus on your breath. How does it feel as you inhale and exhale? What sensations or thoughts arise during this mindful breathing practice?

Mindful Movement Journaling. After engaging in mindful movement or physical activity, describe the sensations in your body. How did the experience contribute to your mental clarity and overall well-being?

Embracing Stillness. Explore the concept of stillness. What does it mean to you? How can moments of quiet and stillness contribute to your daily life?

Journaling Prompts

Mindfulness and Stress. Write about a recent stressful situation. How did you approach it mindfully? What practices helped you manage stress, and what did you learn from the experience?

Gratitude Journaling. List three things you are grateful for today. Reflect on how cultivating a mindset of gratitude impacts your overall well-being and resilience.

Future Mindfulness Goals. Set three mindfulness goals for the upcoming week. These could be related to incorporating new practices, deepening existing ones, or applying mindfulness in specific situations.

A close-up photograph of a person's hand reaching out towards a vertical black line that divides the frame. The hand is positioned as if it is about to touch or move the line. The background is a soft, out-of-focus light color.

Every moment is an
opportunity to change
your perspective.

Client Testimonials

"I recently attended a retreat and I have never been so relaxed. Kim's gentle demeanor put me in such a calm mindset that I was able to push myself to do things I had never been able to. I would highly recommend her for any yoga instruction or retreat. Counting the days to attend the next one!"

Jenifer
St. Augustine, FL

Everything about the Project Mindful Movement team is surrounded in love, compassion and the best energy. Their knowledge and application of yoga, lifestyle and healthy living practices are so relevant and outstanding. So grateful for you both!"

Shannon
Marble Falls, TX



"...In general, I was able to stop being a patient and start living again, and I guarantee you that I could not have gotten to that place without Kim's help. Kim has touched my family in such a profound way that already it has created a ripple effect that continues to touch the lives of others. Thank you Kim, for holding space for those with special needs."

Amy
Navarre, FL

Embrace the life you envision.



[ENROLL NOW](#)

Project Mindful Movement Courses offer transformative programs designed to cultivate personal growth and mindfulness. Our unique and simple approach, along with experienced and professional teachers, makes yoga accessible to individuals of all ages and experience levels. Join our community and embark on a journey of self-discovery.

Thank-you!

I want to extend lots of heartfelt praise for investing your time and energy in completing our Mindful Life Workbook. Your commitment to this transformative journey speaks volumes about your dedication to your personal growth and well-being.

I am here to express my deepest gratitude for your commitment to this path. Remember that this journey is ongoing, and I am honored to continue supporting you. If you have any questions, need guidance, or simply want to share your experiences, our team is here for you.

May your mindfulness journey be a source of strength, peace, and continued growth. Thank you for entrusting us to be a part of your pursuit of a more mindful life, one practice at a time.



Kim DeHoss

Founder and Master Trainer

Stay in touch:

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