

Mindful living: Setting goals

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Hello. Today we are going to take a break from your day and make some to relax. It seems really simple. But sometimes we forget to just give our bodies and our minds a few minutes every day to just rest. We have lots of other things to keep us occupied with. And sometimes we forget how much our minds and our bodies are working.

So you've made a really important choice today. And hopefully you'll make that choice every day, to just relax and rest. And during that rest, it's really important to focus on your breath. Because sometimes we forget it's there.

So, start by finding a really comfortable position. You could be sitting up, maybe you want to lie down. Feel free to use a blanket. Have a grown up turn the lights off for you. And once you're in your comfortable position, feel free to close your eyes if you want. If you want to keep them open that's fine too.

And just start to notice your breathing. If you want, you can place one hand on your belly. And just notice how your belly rises each time you take a breath in. And each time you take a breath out, feel how your belly falls back down. You don't need to change it in any way. Just notice the movement of your belly. You can place the other hand on your chest. And notice if your chest is moving while your breathing. Your lungs are filling up with air each time you breath in. And then everything empties out each time you breathe out.

So stay with that breathing. Every time you need to need to come back to just remembering how your abdomen, your belly and chest moves, you can always do that.

Now that your breath is starting to slow down a little bit, we're going to start to talk about setting goals for ourselves. And this is something that's kind of fun to do every day when you wake up in the morning, to just ask yourself how you want your day to go. What do you want to focus on today?

I have some suggestions in case you'd like some ideas. And I like to keep it simple. So, for every letter of the alphabet, I've picked a word that I think might be a good goal, or might be something to focus on for that day. So feel free to have a grown up write them down for you. And you come up with your own too.

But picking one or maybe two goals or intentions for your day will really help you to feel a little bit more balanced. You'll start to really become aware of everything that you do and everything that you say, and pay attention to it. It's really important to pay attention to everything that we say and everything that we do. And even everything that we think. So here are some of my ideas to set goals. Adjust.

Balance.

Connect.

Discover.

Explore.

Fun.

Gratitude.

Healthy.

Invent.

Journey.

Kindness.

Laugh.

Mindful.

Nature.

Outdoors.

Patience.

Question.

Respect.

Stories.

Technology.

Understanding.

Volunteer.

Wonder.

Examine yourself.

Be yourself.

Get enough Z's.

Whatever goals you pick for yourself, just try to keep that in your mind and your heart with you all day long.

So we'll continue with your breathing. And just notice the belly rise and the belly fall each time you breathe in and out.

You can set your goals to be kind, be helpful, make new friends, share what you have, be creative, be brave, and be thankful. And today we're going to focus on being loving.

So as you relax, I'm going to talk you through a little bit of an imaginary story. So take a deep breath in. And when you let it out, feel everything around you getting calmer and quieter. And as you continue to breathe slowly, the only thing to pay attention to right now is my voice.

Now imagine in front of you a movie screen. On that screen you see images from your own life. You see every time when you did something kind for someone. And you'll also see every time someone did something nice for you. As you watch the movie, you see how happy you've made other people. And you see all the happy times that you've had.

As you continue to watch this movie, you see a time when you helped somebody who needed you. You see how happy it made them. And this thought just makes you feel really warm and fuzzy inside.

Now switch to a time when someone helped you. And think how good you felt to know that someone was there for you. Feel all those good, wonderful feelings come rushing back to your heart. And remember how happy you were and how wonderful you felt.

All these feelings, all these happy times, all these times where you felt warm and fuzzy, or because of a very special feeling, and that's love. These things that you see in front of you happen because you loved and you showed that love to someone else. And because they loved you in return.

Love is about taking care of other people, doing nice things. Expressing your gratitude and showing kindness and patience. And that's what we are inside of us. Just love. That's who we really are. And that happy love feeling means that you're a part of a community of people, a very important part of a very loving universe.

So please always remember all this love you have inside you and how easily you can express your love. With simple acts of kindness towards yourself and towards others. Notice how that feels, soft and warm, wrapped all around you. It makes you feel warm and peaceful and happy.

Now take a nice deep breath in and slowly breathe out. And continue to feel all the wonderful feelings of love and gentleness as you carry on with your day in a very peaceful manner. You're allowing your body and your mind to rest. And hopefully you feel more energy and you feel more rested.

Slowly come back, and open your eyes if you had closed them. And start to move your toes and fingers. And become fully aware and awake again.

So always remember to stay hydrated with lots of water. Eat a variety of healthy foods. And do a good balance of activities. Get enough sleep. Wash your hands. And enjoy the company of your loved ones.

Thank you for taking the time for yourself to rest and relax today. And I hope you have a wonderful and peaceful day.

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