THE LITTLE DECK OF BIG REMINDERS

*Adapted from the Institute for Mindful Leadership’s Little Book of Big Reminders
“When we are facing life’s many challenges, often the most powerful response is to stop, take some time to quiet the mind and body, and reflect on a simple question: What is called for now?”

Janice Marturano
We are not our thoughts. Random thoughts will appear. The practice is not to judge them, but to let them flow and then disappear.

Peter Thompson
How might things be different if instead of being your own worst critic you were your own best friend?

Jodie Katz
Be where your feet are. It’s so easy to get caught up in reliving and pre-living our lives. For today simply practice being where your feet are.

Sandy Behnken
As we cultivate our Leadership Presence allowing for pause and attention we become aware of the value of listening to self and others, then clarity emerges and real communication becomes possible…

Patricio Barriga
We have to log in to our devices, so using a [passphrase] that inspires your leadership principles is a simple way to be reminded of what matters several times a day. Purposely pause, breathe and log in to your heart, mind, and body.

Dawn MacDonald
How long does it take for a person to find a miracle in this cynical age? The few minutes it takes to exchange a smile, look up at the stars or calculate just how unlikely and wonderful even the most mundane things are.

Brian Thompson
The thoughts in my mind are only thoughts in my mind, they may or may not be the reality. I need not react to them or believe them.

Janet Kughado
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