

BEING PRESENT: BEGINNER'S MIND

PARENTING

WITH ACT:

1. Pause and be present.
2. Choose what matters most.
3. Take action toward your values.

Being present: easier said than done

Beginner's mind --> experiencing something like you've never seen it, heard it, or done it before.

Have you ever walked into a room and couldn't remember why you walked in there?

Have you ever opened up the fridge and are not sure why or what you are looking for?

Of course you have. We all have!

When we go through our days on autopilot, we miss out on so much. But we're busy! We've got to get stuff done around here!

When we are stuck on autopilot, we lose the opportunity to be present. It's not even a choice. We lose the opportunity to really enjoy the phase of life we are in right now. We love the opportunity to see and enjoy those sunset moments with our kids that we are remembering to seek out from an earlier journal exercise.

TRY HAVING A BEGINNER'S MIND



A beginners mind means you are seeing it for the first time ever. The wonder! The awe! Have you ever seen such a thing?

Can you recall the most recent time you experienced this? What did you see for the first time and truly enjoy? What took your breath away? A travel location? A new skill or milestone for yourself or your child? Describe it briefly here.

Now look around where you are right now. Pretend you've never been in this spot before. What do you see in this space? What do you notice? Describe it as if you are seeing it with fresh eyes- for the first time.

You can tell where we're going, right? When would you like to try having a beginners mind in your mom job today? What routine things could you instead try to see with fresh eyes? Where will you try beginner's mind today?