Mindfulness as a Catalyst for Behavioral Change

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ATTENTIONAL FITNESS TRAINING
Decoding Mindfulness
Stock Images of Serenity
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The Blessing and Curse of Autopilot
Defining Problems

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.”
~ Jon Kabat-Zinn
Mindfulness as a Capacity

AWARENESS

PRESENT

w/ ACCEPTANCE
Challenge Levels Vary
Mindfulness as an Exercise

NOTICE

SENSATIONS

w/ NEUTRALITY
At Home In Your Life
“We don't rise to the level of our expectations, we fall to the level of our training.”

~ Archilochus
The Hype
Not a Replacement
Not Only About Relaxation
Not a Way to Numb Pain
Not One Size Fits All
Real Hope
Developing Resilience

“Resilience is the ability to recover, adapt, and grow in response to threat or challenge.”

~ Meg Salter
Inhabiting Discomfort

Your strategy for living in the present will go a lot better when you accept how frequently the present sucks.
Navigating Habit Loops

- CUE
- CRAVING
- RESPONSE
- REWARD
Become a Connoisseur of Emotions
Work with Experienced Coaches