

After the humbling worldwide success of his two previous bestselling daily journals, *A Whisper From Your Soul* and *More Whispers From Your Soul*, Drayton has created an inspiring daily journal focused on helping individuals embrace a mindful life.



A. Drayton Boylston

These daily *Mindful Moments* provide inspiration, increased levels of mindful self-awareness, and ultimately, more peace. As you soak in these beautiful quotes, chronicle your *Mindful Moments* from your day and move into sleep with a powerful thought to ponder, this experience will bring profound richness into your life.

Drayton's books have been used in seminary curricula, prison training programs, and within many large organizations. From the Catholic Bishop who consults the *Whispers* each morning before he starts his day, to the executive who credits *Coming UnScrooged*™ for making a profound impact on his life, the books he has created can truly be transformational.

Steeped in strong mindfulness and neuroscience based practices, *Mindful Moments* will help anyone start down the path of a mindful life. For seasoned individuals who already embrace the fundamentals of mindfulness, this book will help deepen their practice.



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Mindful Moments Vol. 1

A. Drayton Boylston



Mindful Moments

Volume 1

*The Inner Work
That Will Rock
Your Outer World*™

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Mindful Moments

Volume 1

The Inner Work That Will Rock Your Outer World!™

A. Drayton Boylston

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This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

“Meditation is not a way of making your mind quiet. It’s a way of entering into the quiet that’s already there—buried under the 60,000 thoughts the average person has every day.”

Deepak Chopra

Dedication

To all the courageous souls who are seeking more... and are willing to take the time to dive deeper.

Hooray, that's you!

Also by A. Drayton Boylston

A Whisper From Your Soul™

More Whispers From Your Soul™

Coming UnScrooged! A Contemporary Classic of Corporate Rescue and Redemption

The Mindful Leader Workshop™

The Certified Mindful Leader™

The Mindful Mentor Program™

The Mindful Leader Blog™

The Active Exec Program™

The Life Purpose Workbook™

The Coaching Crucible™

The Sage and Scholars Guide to Coaching Executives™

Coaching in the Workplace™

Rescued Executive Series:

Coach as Lifeguard™

Executive CPR™

Coach as EMT™

Rescued Executive Chronicles™

Whispers From Your Soul Blog™

To sign up for more mindfulness resources, please visit:

<http://www.executivecoachinguniversity.com/mindfulness-movement>

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Foreword

What is a Mindful Moment and why should I take time for them?

You're busy, right?

Feeling a bit stressed?

Wondering if there is more to life?

I sure was... until I made the shift to working on being more mindful.

You see, I'm a "recovering" CEO who almost killed himself working. Literally.

I hope that what I've learned along my journey around the power of mindfulness helps you on yours.

That's it.

Time to get started....

“Not being able to stop thinking is an affliction, but we don’t realize this because almost everyone is suffering from it.”

Eckhart Tolle

How to Use This Journal

We'll keep this simple and straightforward. Otherwise, experience tells me that you won't use this.

Given that the average book buyer only reads 17 pages of any book they buy, I want this experience to stick... throughout the entire year. 17 pages is only a delicious appetizer.

We made the journal a smaller size and with six months' worth of pages in order to keep it small, so you can carry it around if you choose to. We hope this works well for you.

About the Daily Prompts

I am grateful for...

More than likely you will start out with the obvious things like family, health, etc. Your real growth comes when you choose to go deeper. You start to find small things to be grateful for that you may never have even noticed previously. A flower, the giggle of a baby... your very next breath. When you are in a state of gratitude, you are truly being mindful. And... one of the cool things about this is that the more you express gratitude for what you have, the more you seem to get what you are grateful for. Amazing, huh?!

My Mindful Moments today...

These are the times when you really felt like you were fully present. Times you felt "in the flow." Moments when you felt like nothing else mattered except for what you were doing *right now*. Those blissful moments when the past didn't matter, the future wasn't a concern... that that very moment was all there was. You see, that is where the truth lies... for there is only the present moment. Everything else is an illusion of our own creation.

Thought to ponder as I sleep...

This is a very powerful tool. Given that we spend almost a third of our lives sleeping, wouldn't it make sense to put it to good use? Most folks never even think about anything but closing their eyes and trying to forget all their worries of the day. Science now tells us that our brains are hard at work even when we sleep. This prompt will put yours to work on things that you need to get some answers to. All you have to do is pick a word or a sentence that you would like to ponder as you sleep. Say that word or sentence silently to yourself as you move into slumber. Your brain will take that thought and work

on it as you sleep. You don't have to do anything else... other than be curious and receptive to new thoughts about this subject that may arise the next day. Since your brain was working on this all through the night, some amazing and different insights may pop into your awareness.

Step 1

Take three deeeeep breaths for me.

1...

2...

3...

Excellent! You're off to a brilliant start.

Now, do that each night before you pick up your journal.

Step 2

Open your Mindful Moments Journal to any page that feels right. By design, there are no dates on the pages. Pick whatever page speaks to you.

Step 3

Do what feels right. You may read the quote for the day. Writing down some things you are grateful for may speak to you. Recalling your Mindful Moments during the day may inspire you. Creating a positive thought to experience as you sleep may catch your attention.

You may want to write.

You may not.

Go inside.

Ask yourself what feels right.

Cast no judgment on your actions or decisions.

Observe your choices. Hover above them.

Truly *feel* what you *feel* as you open each page.

Breathe....

The beauty is in each breath as you let yourself experience this moment.

The act of focusing on this moment is key.

Choose to live your life *now*.

Not in the regrets of yesterday...
or the worries of tomorrow.

Now.

You see,
in reality...
that is all we really have.

Now.

Let's Get Started!

As you get going, remember that it all comes down to this:

"Be happy in the moment; that's enough. Each moment is all we need, nothing more."

Mother Teresa

The greatest trip you will ever take is within yourself. Enjoy this beautiful journey of your own creation.

Wishing you peace, joy, and love as you write, go quiet, and grow.

With love!

Drayton and everyone at the International Mindfulness Federation

And...

Remember to breathe.

1...

2...

3...

I knew you were going to pick this up quickly!

Mindful Moments

"You must live in the present, launch yourself on every wave, find your eternity in each moment. Fools stand on their island of opportunities and look toward another land. There is no other land; there is no other life but this."

Henry David Thoreau

I am grateful for...

My Mindful Moments today...

Thought to ponder as I sleep...

"All of the man's difficulties are caused by his inability to sit, quietly, in a room by himself."

Blaise Pascal

I am grateful for...

My Mindful Moments today...

Thought to ponder as I sleep...

“If you are doing mindfulness meditation, you are doing it with your ability to attend to the moment.”

Daniel Goleman

I am grateful for...

My Mindful Moments today...

Thought to ponder as I sleep...

"Mindfulness isn't difficult; we just need to remember to do it."

Sharon Salzberg

I am grateful for...

My Mindful Moments today...

Thought to ponder as I sleep...

"If you want to conquer the anxiety of life, live in the moment, live in the breath."

Amit Ray

I am grateful for...

My Mindful Moments today...

Thought to ponder as I sleep...

“One is a great deal less anxious if one feels perfectly free to be anxious, and the same may be said of guilt.”

Alan W. Watts

I am grateful for...

My Mindful Moments today...

Thought to ponder as I sleep...

"To pay attention, this is our endless and proper work."

Mary Oliver

I am grateful for...

My Mindful Moments today...

Thought to ponder as I sleep...
