

Mindful Discernment

"When we practice Mindful Discernment we feel in alignment with our world." - Laura Rowe

Insight into the "why" behind each item on our schedule is the first step in Mindful Discernment. Begin by creating a list of all the obligations/tasks/social events you have in your schedule over the next week.

Sort each of the above events into the columns below using the following ledger:

- **"Optional" Tasks:** Chosen tasks or events that you have decided to say yes to. Favours, social events, and volunteering may fall into this category.
- **"Enjoyment" Tasks:** Tasks or events that you have chosen because you enjoy participation in this experience. Time with loved ones, self-care tasks, and hobbies may fall into this category.
- **"Non-Negotiable" Tasks:** Tasks or events that are obligatory, or out of your control. Work shifts, deadlines, and responsibilities may fall into this category.

Optional	Enjoyment	Non-Negotiable

In **The Other Side of Overwhelm** program, we will dive deeper into each of these categories. For now, I invite you to reflect on the following questions:

- Are there any **optional** tasks that you'd really rather not participate in? What's stopping you from saying no?
- How many **enjoyment** tasks have you scheduled in? Is there room for one or two more?
- Can you offer yourself some kindness and props for powering through your **non-negotiable** tasks?