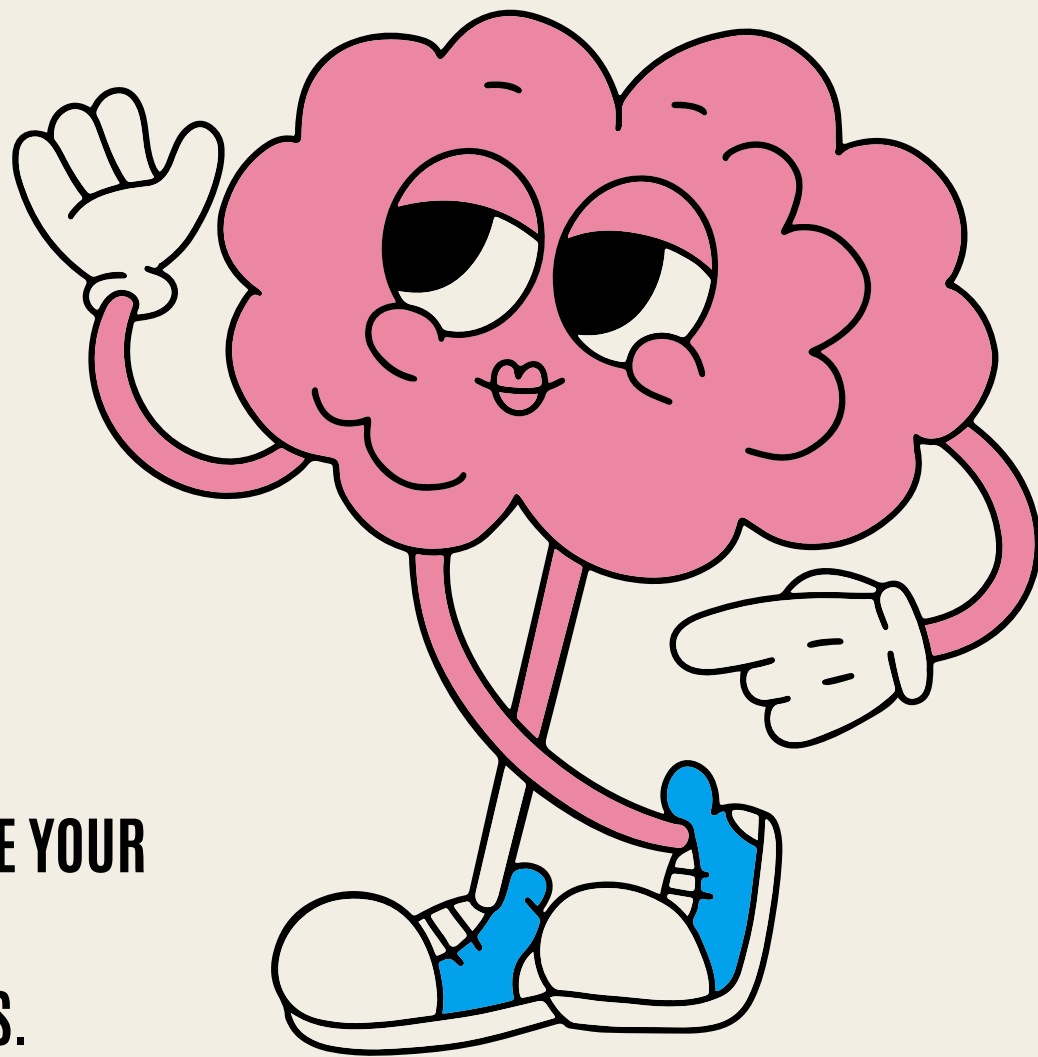
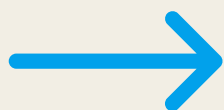
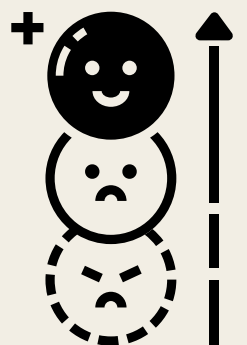


7 SIMPLE WAYS TO CULTIVATE MINDFUL SELF-LEADERSHIP



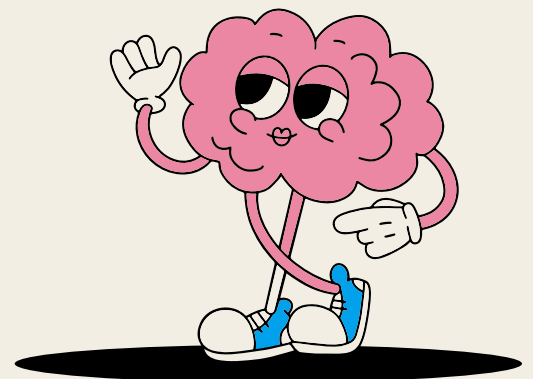
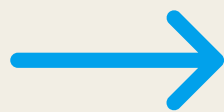
LEARN HOW TO
REVOLUTIONIZE YOUR
IMPACT AND
EFFECTIVENESS.



F I R S T

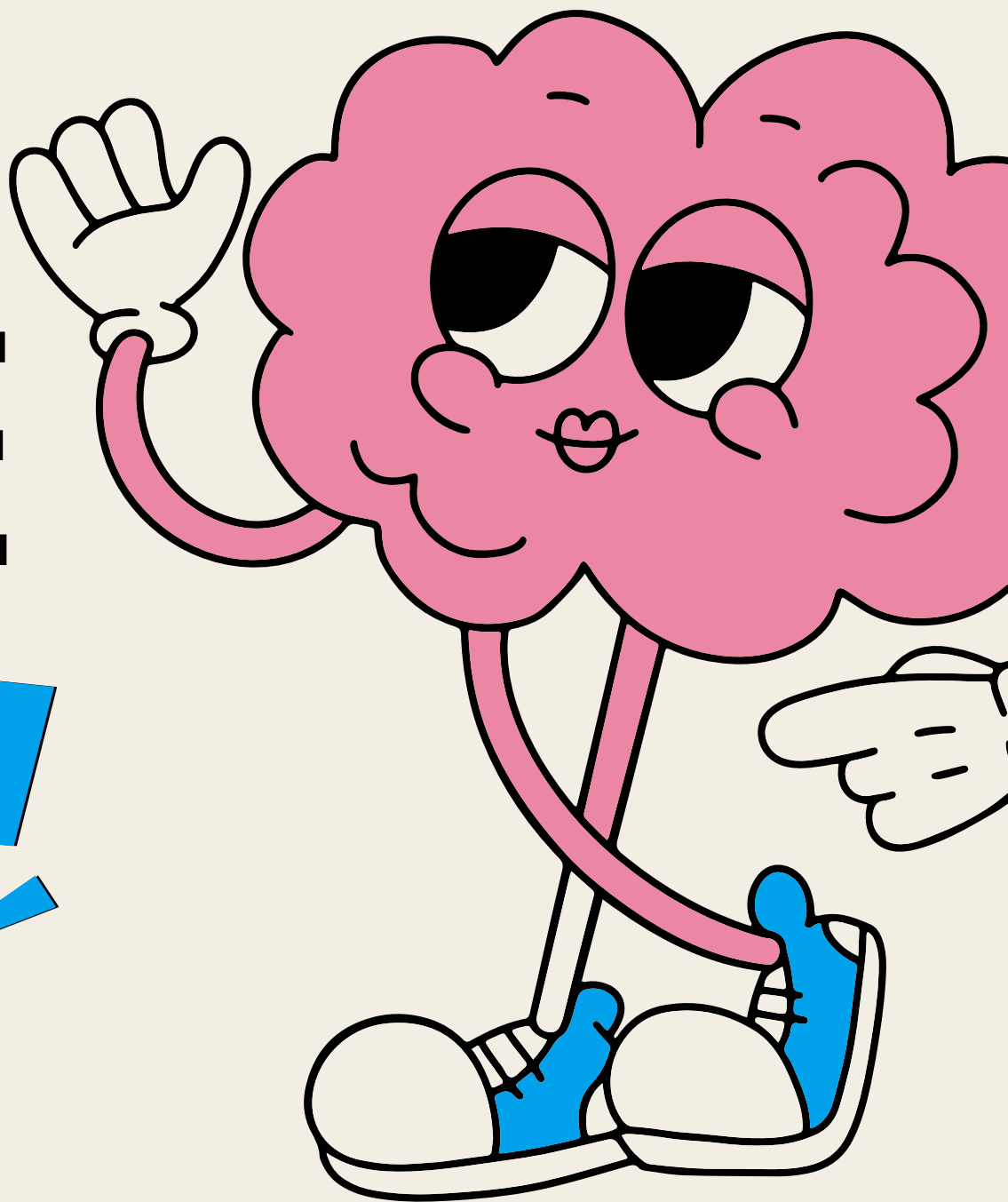
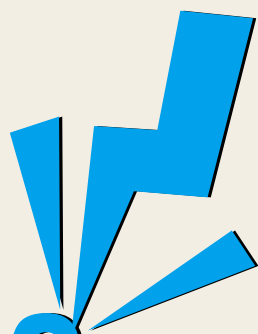
START YOUR DAY MINDFULLY

Begin each morning with a simple mindfulness practice, such as meditation, deep breathing, or journaling. This sets an intentional tone for the day ahead. (Source: The Harvard Gazette).

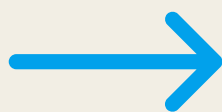


SECOND

MANAGE YOUR TRIGGERS



Notice what situations or interactions trigger a reactive, unfocused mindset. When you feel triggered, pause and take a few deep breaths before responding.



T H I R D



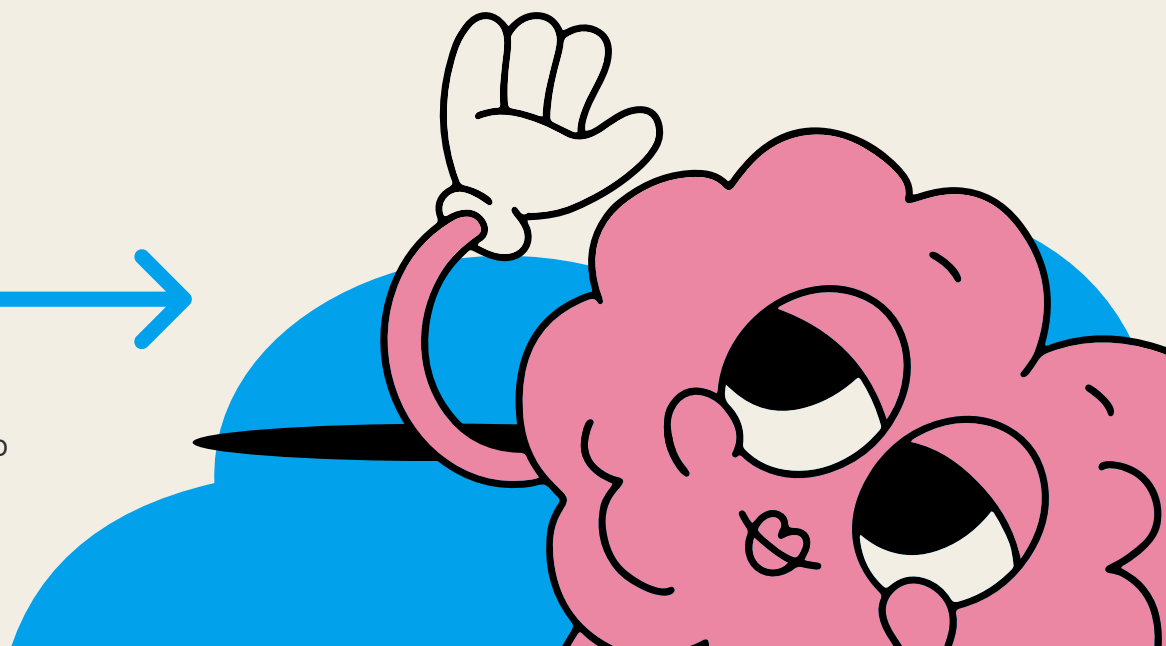
PRACTICE

ACTIVE LISTENING

Want to be seen as trustworthy and competent?
When engaging with others, give them your full
attention.

- Avoid multitasking
- Make eye contact
- Listen intently to fully absorb what's being said
- Ask clarifying questions
- Agree on next steps

(Harvard Business Review)

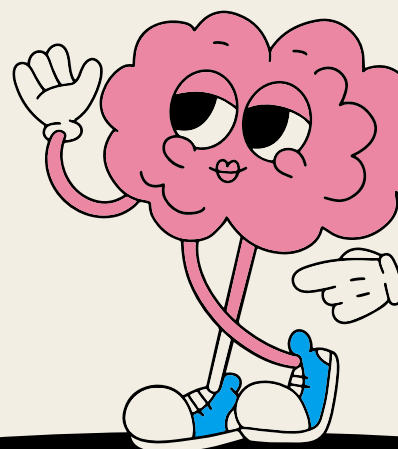
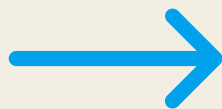


FOURTH

SCHEDULE MINDFUL

BREAKS

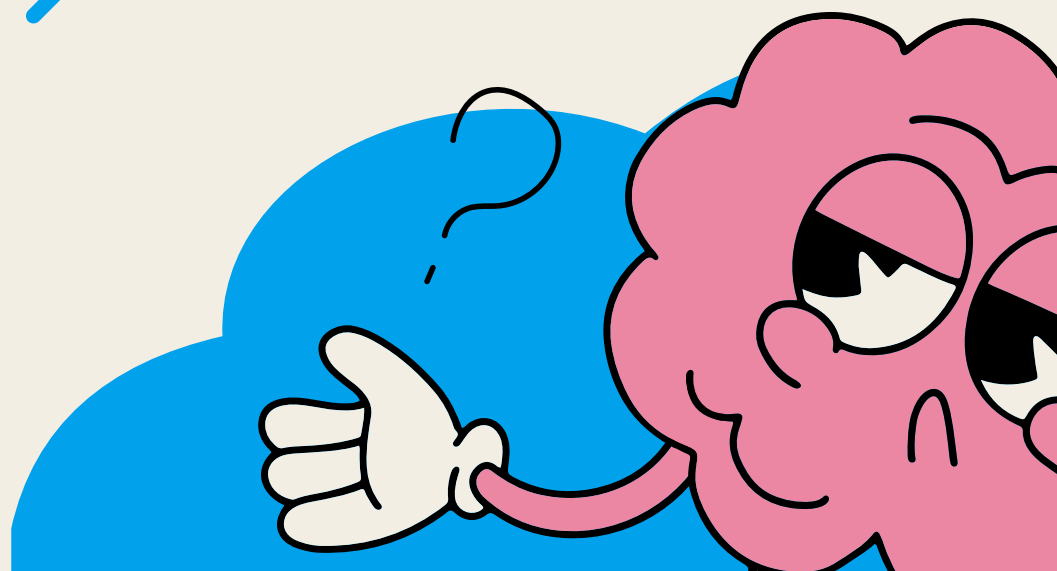
Throughout your workday, take short, mindful breaks. Step away from your desk, go for a walk, or practice a breathing exercise to re-center yourself. (Source: Stanford News)



F I F T H

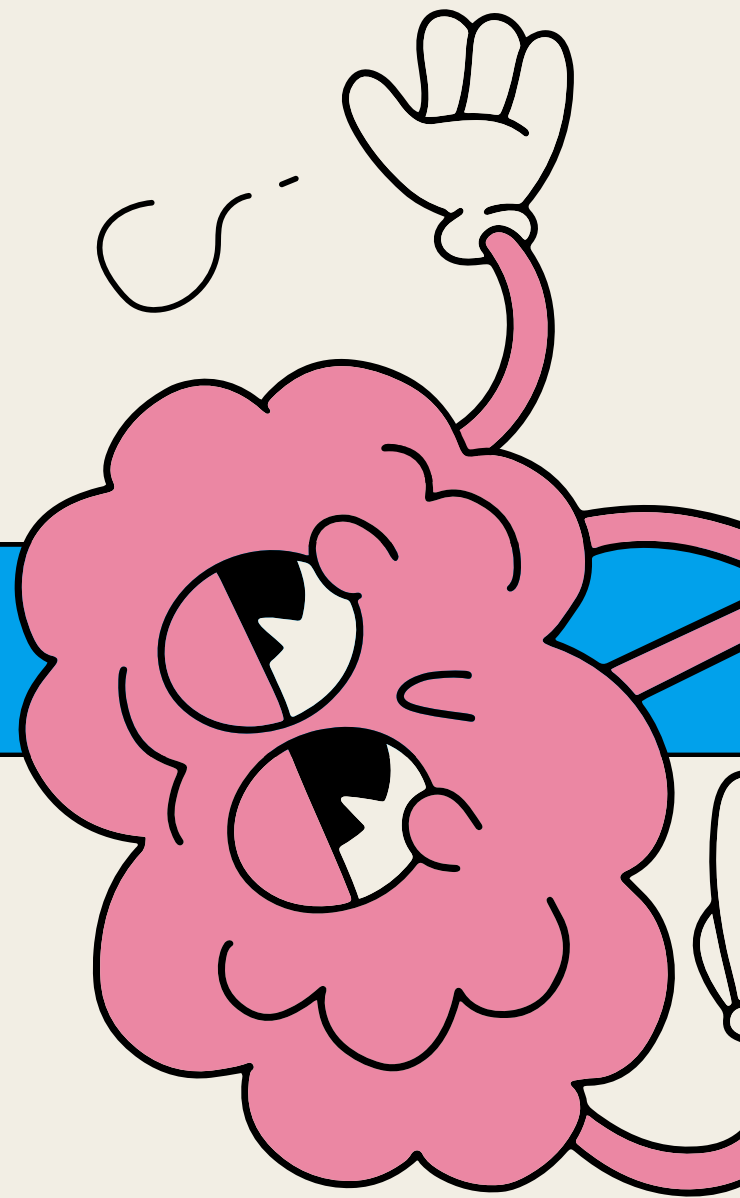
LEAD WITH CURIOSITY

Approach interactions and decisions from a place of curiosity and innovation. Consider differing perspectives as inspiration to learn, grow, and create.



TWO SIXTH WAY

AUTHENTICITY



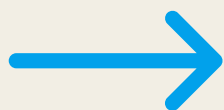
Be true to your values and lead with integrity. Mindful leaders build trust by aligning their words and actions authentically and admitting when they make mistakes.



SEVENTH

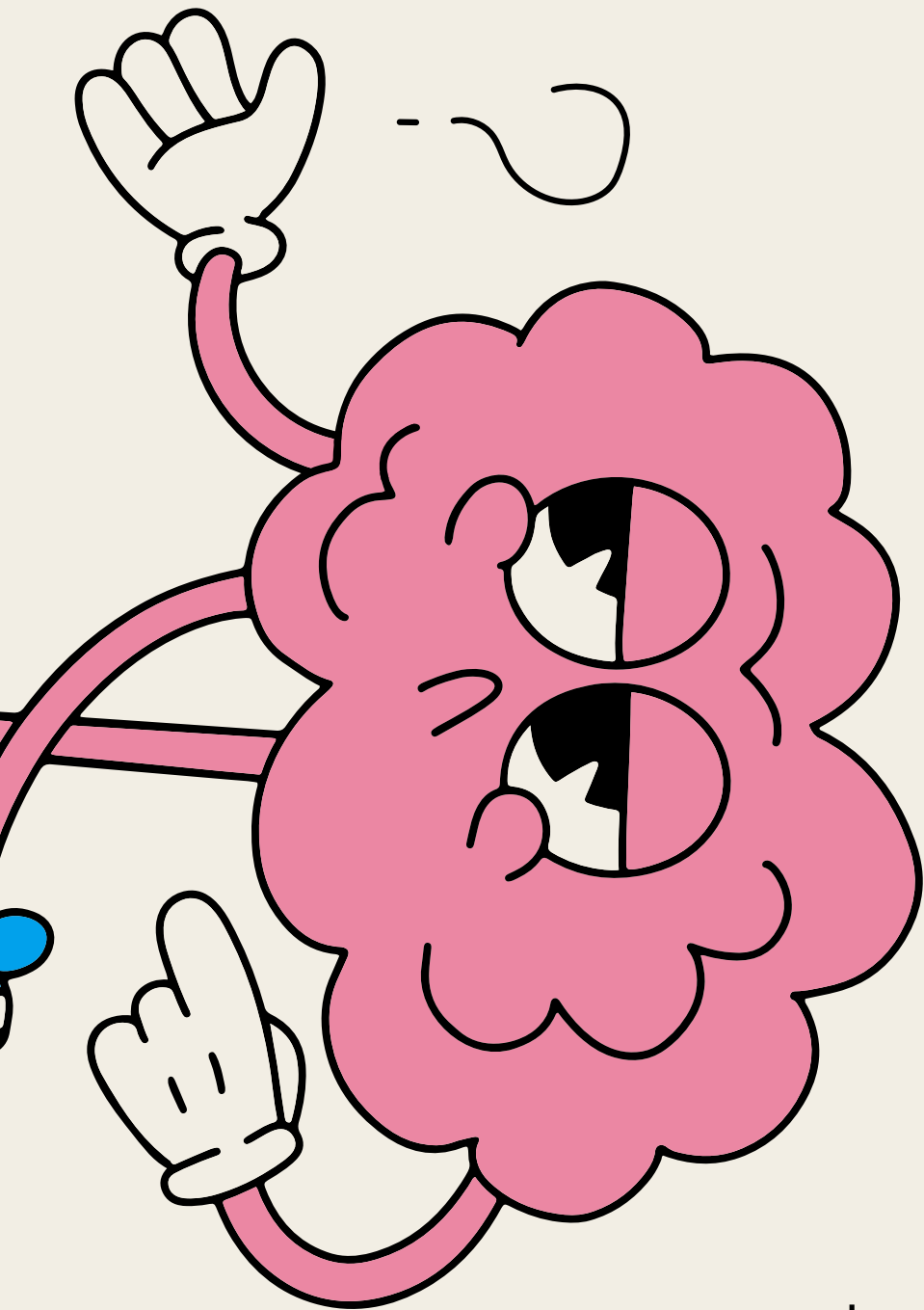
EMBRACE A BEGINNER'S MIND

Remain open and curious, and consciously decide to set aside preconceptions. A beginner's mindset allows you to see situations with fresh eyes and discover new possibilities.





UNLOCKING YOUR FULL POTENTIAL

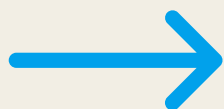


mindful **self-leadership**

is a

LIFESTYLE

Just like brushing your teeth, mindfulness is an emotional hygiene practice that's ongoing. Follow us for more mindful leadership insights!





THANK YOU *FOR READING*

I founded 360 Mindful Solutions to cultivate thriving organizations powered by healthy, fulfilled leaders. Our programs integrate mindfulness with professional development.

Through immersive training, individuals unlock their potential, igniting inspiration and heightened engagement, equipping teams for unprecedented success.

Unlock a culture of well-being, innovation, and peak performance by partnering with 360 Mindful Solutions, revolutionizing mindful leadership.

~ Vivian Hughes
CEO, 360 Mindful Solutions

- ✓ Build Self-Awareness
- ✓ Approach Conflict as a Catalyst for Growth
- ✓ Resilience Under Stress

