

## **Mindfulness Lesson Plan November and December**

### **Meditation: Remembering your goodness**

The mindful practice below provides strategies for when you lack confidence. If you find yourself always thinking about the things you regret and the mistakes you've made, try this exercise. It will help you redirect your attention and remember goodness inside you. The point is not to deny your mistakes, but if you keep thinking about them, analyzing them, creating stories around them, you're simply reinforcing the pain and alienation they've already caused you. When you recognize and reflect on even one good thing about yourself, you are building a bridge to a place of kindness and caring. Standing in that place increases your ability to look honestly and directly at whatever is difficult and gives you the energy and courage to move forward. The five strategies below can help you gain great success and help you overcome your fears.

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1. *Sit comfortably in a relaxed, easy posture and close your eyes.* Now bring to mind one thing you have done or said recently that you feel was kind or good.
2. *It does not have to be newsworthy!* Maybe you smiled at someone or listened to their story, said good morning to someone, maybe you were generous, maybe you sat down to meditate, maybe you thanked a bus driver. It's not self-centered to think about these things. It's nourishing and replenishing to take delight in the good that moves through us.
3. *Or you might think of a quality or skill in yourself that you like or appreciate:* perhaps you really like helping others, or you've made up your mind to be patient and less reactive with your younger sibling or your parents.
4. *If you still find yourself caught up in self-criticism, turn your attention to the mere fact that you have an urge toward happiness.* There is

kindness and beauty in that. Or simply recall that all beings everywhere want to be happy, everybody wants to be happy.

5. *Never feel ashamed of your longing for happiness.* Just remember that everyone has the right to be happy. Seeking happiness is not the problem. The problem is that we often do not know where and how to find genuine happiness and so make the mistakes that cause suffering for ourselves and others. But that urge toward happiness itself is good, and when we support it with mindfulness, it can become like a homing instinct or a compass pointing us toward freedom.

If any impatience or judgments emerge during this meditation, don't feel as though you have failed. This is entirely natural. Simply allow the negative reaction to ebb as a wave on the beach, and see if you can return to the positive contemplation without self-criticism.

Video

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