



The Get Real Mindfulness Ritual

only 15 minutes a day



The Get Real Mindfulness Ritual will help you:

- connect with your true and authentic self
- feel your real feelings
- identify what you need to feel happier and healthier

Many years ago, when I was working through a lot of grief and struggling to find myself, a counsellor suggested I start doing this in my journaling each day. It really helped me identify and connect to the different aspects of me and understand my own needs better. It is a great ritual that I still do to feel really connected and grounded.

Allow 10 minutes in the morning before or as soon as you get up and 5 minutes at night when you go to bed. Make this ritual a daily habit and you will find you start feeling more connected to your true self which will lead to feeling more fulfilled and happy. It will enhance your self-awareness and consciousness.

Firstly, buy yourself a really nice journal book that inspires you to put your inner most feelings in it. Choose the journal book you are most attracted to. I like lined journals with a beautiful cover and decorative pages. You may also want to use a special pen that you enjoy writing with. The more unique you make this ritual, the more special you will feel doing it.





Each Morning

Write in your journal:

Today I feel ...

Take a moment to check in with how you really feel and what is going on in your body. Finish the sentence putting the words that describe how you feel.

Now write:

And to nurture and support me I need:

As you ask yourself “What do I need?” and check in internally to determine what you need to look after yourself. What does your body need (Physically)? What does your mind/head need (Mentally)? What does your heart need (Emotionally) and what does your inner spirit need (Spiritually)? List each one.

Physically:
Mentally:
Emotionally:
Spiritually:

Sometimes you might find that they all need the same thing but not often actually.



Here is an example from my journal:

Today I feel tired and a bit flat and to nurture and support me I need

Physically:
Mentally:
Emotionally:
Spiritually:

Now write:

My intention for today is ...

Then set your intention for the day. What do you want to achieve today? It might be something you want to do, how you want to feel or it might be getting the support or nurturing you said you need.

My Example:
My intention for today is to meditate and relax and spend soome quiet time on my own.

Each Evening

Open up your journal and look at how you felt at the beginning of the day. Ask did you get any of the nurturing you needed? Place a tick by the nurturing you did achieve.

Write in your journal:

Tonight I feel ...

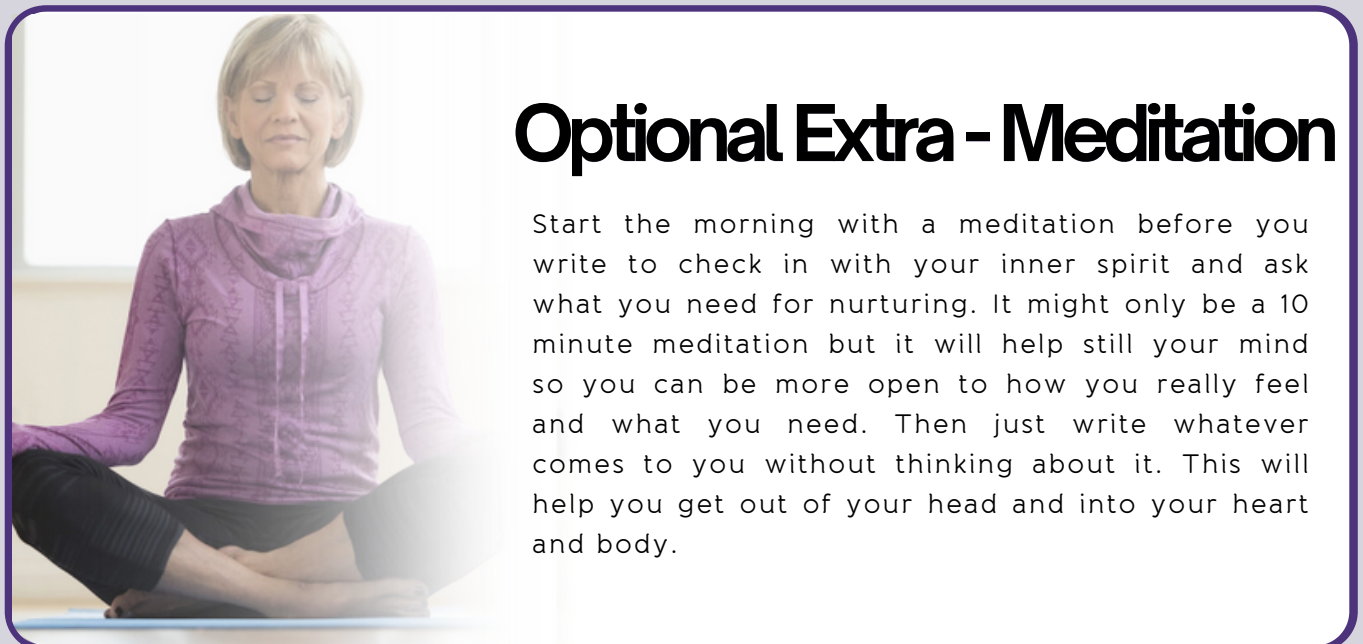
Write how you feel now, taking note how it is different from the morning. Add any comments you want.

Did you achieve your intention? Put a tick next to it if you did.

Last step:

Today I am Grateful for ...

Write what you feel grateful for relating to that day. Aim to name at least 3 things. Then go to sleep with those feelings of gratitude in your mind.



Optional Extra - Meditation

Start the morning with a meditation before you write to check in with your inner spirit and ask what you need for nurturing. It might only be a 10 minute meditation but it will help still your mind so you can be more open to how you really feel and what you need. Then just write whatever comes to you without thinking about it. This will help you get out of your head and into your heart and body.

The Get Real Mindfulness Ritual

Summary Guide

Each Morning

Meditate to still your mind (recommended but optional)

Write in your journal:

Today I feel ...

And to nurture and support me I need:

Physically:

Mentally:

Emotionally:

Spiritually:

My intention for today is ...

Each Evening

Write in your journal:

Tonight I feel ...

Today I'm grateful for ...

Rest, relax and go to sleep focusing on your gratitude.

You can contact Janeen Sonsie to ask questions and get some coaching at:

-  hello@getrealcommunication.com
-  getrealcommunication.com
-  [+33 773 27 48 46](tel:+33773274846)





Insights into Using The Get Real Mindfulness Ritual

It is important that you do this ritual every morning and evening to get the best results from it. It will help you get real with yourself – to really understand you by being more mindful about how you are feeling each day and how well you are meeting your own needs.

Do it Everyday

By doing it every day, you will be keeping a record of your emotional patterns around what is happening in your life and how you feel about it at the time. This awareness will enable you to start being an objective observer of yourself and your life. By looking back and reviewing what you have written about you and your emotions at the time and checking off what you do do, you will gain a great insight into you. It is incredible when you look back and analyse where you have been, when it is written right there in black and white in front of you, or whatever colours you have used. I do recommend you use colours they really help activate and engage the brain more.

This process will help you be more in touch with your feelings and emotions. To actually recognise what you are feeling. I remember when I started doing this in my journal, I found it really hard to separate my feelings into physical, mental, emotional and spiritual. It took time and practise of sitting still and checking in with how do I feel in each of the different aspects. Now I can do it in a moment automatically.

Get out of your head

I was incredibly stuck in my head, so it was hard for me to get out of it and be aware of the needs of my body or anything else. I was told I was like a head with no body because I had disconnected myself from my body and was not in touch with how it felt and what it needed at all. That is how I could keep pushing myself through pain and stress to keep meeting the corporate demands, but all that did was keep it caught up inside and make me sick in different ways.





Insights into Using The Get Real Mindfulness Ritual

Listen to your body

It is so important to recognise and cater for your body's needs. Your body gives you very important messages that you need to listen to. If you don't, you are very likely to develop a critical illness. The same goes for your feelings and emotions. We are whole beings with a physical body, a rational mind (head), an emotional body and a spiritual soul. We are all of that and need to be aware of all aspects of our total self.

Another thing doing this ritual day and night will help you do is identify:

- How well do you nurture yourself?
- How well do you meet your own needs?
- Is there some area or something you keep saying you will do for you, but you keep not doing it?
- Is there a block you have in that area that is preventing you from getting what you need? Being able to identify a block will enable you to work on it and remove it so you can move forward.

30 Days in a Row Makes a Habit

So keep doing the ritual morning and night and marking off what you do actually achieve. Once you have practised it for 30 days in a row it will become a habit as it takes that long to form a new neural pathway in your brain that creates a habit. Then you will want to do it automatically.

Have fun with it and enjoy your navel gazing and raising your awareness of you.

*You can contact Janeen Sonsie to ask questions and
get some coaching at:*

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