

Mindful Memo



Week 24 – February 7th-February 11th, 2022 – RCMA Wimauma Community



Training Your Puppy Mind

The practice of mindfulness is similar to training a puppy. I know firsthand, as the little guy below is my puppy August. When my neighbors ask how training is going, my response is usually “great...unless a leaf blows by, a squirrel runs past, his dog friend from next door is barking, or the neighborhood kids are playing soccer across the street.” Staying present is easy, when there aren’t multiple things demanding our attention. This week’s challenge is to train our brains as we would a puppy...no this challenge does not involve any whacking over the nose with a newspaper.

One Behavior at a Time– As great as it would be to be able to tackle everything at once (sit, stay, and lay down 😊), it’s better to start with one small, manageable goal.

Be Consistent - The key to sticking with goals is to be consistent and establish routines. Reward yourself for a job well done!

Be Patient – Sometimes things seem to be going well, then boom. It seems like all progress disappears. Whether it’s a goal, self-care, or a diet, it’s okay to start over at the beginning as many times as needed. Just don’t give up.

Stay Positive – Don’t punish yourself for “bad behavior.” Learn from mistakes and setbacks.

Take Time to Play – We can’t be serious all the time. Like a curious puppy, we must stop and smell the...well maybe that’s not the best analogy. Just take so time to truly enjoy life! Success will come.



August cheering on the RCMA hockey champions!

Train your mind the same way you’d train a puppy: Be patient, be consistent, and have some fun along the way.

Jack Kornfield



Featured Book

Available in the Library!