



*a powerful 5 step guide*

*for a* **HAPPIER** *more*

**MINDFUL LIFE**

*Rachael Kable*

*a powerful 5 step guide*  
*for a* **HAPPIER** *more*  
**MINDFUL LIFE**

**Hello,**

***I'm Rachael Kable***

---



**I'm here to help you live more mindfully in fun, simple and meaningful ways.**

I'm so excited you've decided to dive into this topic and learn how to bring more mindfulness and positivity into your life.

Incorporating fun and positivity into your life can increase happiness, self-care and better balance.

Between work and responsibilities, you might forget to schedule time to unwind and have fun.

These powerful five steps will help you form an actionable plan for the upcoming week to help you start creating a happier and more mindful life.

*Let's dive in!*


**Step 1 : PICK A HOBBY**

Hobbies can help you welcome more positivity and mindfulness into your life. They can add a sense of meaning, purpose, fulfillment and satisfaction, while giving you great opportunities to recharge and practice self-care.

**Pick a hobby** to incorporate into your life over the next week to help promote mindfulness and positivity. Feel free to think of a hobby not included on the list :)

<i>Playing a musical instrument</i>	<i>Journaling</i>	<i>Walking</i>	<i>Cooking</i>
<i>Photography</i>	<i>Dancing</i>	<i>Horse riding</i>	<i>Calligraphy</i>
<i>Learning a language</i>	<i>Playing a video game</i>	<i>Quality time with family</i>	<i>Sports</i>
<i>Yoga</i>	<i>Meditation</i>	<i>Snorkeling</i>	<i>Creative writing</i>
<i>Jigsaw puzzles</i>	<i>Blogging</i>	<i>Gardening</i>	<i>Knitting</i>
<i>Scrap booking</i>	<i>Beach combing</i>	<i>Hiking</i>	<i>Bird watching</i>
<i>Quality time with a friend</i>	<i>Reading</i>	<i>Dog walking</i>	<i>Drawing</i>

**The hobby I choose to implement this week is** \_\_\_\_\_

**CLICK TO LISTEN**  Explore new hobbies and how to overcome obstacles on episode 65 of **The Mindful Kind Podcast** titled '**Hobbies & Mindfulness**'.

**Step 2 : SEE CHORES AS OPPORTUNITIES**

Daily chores are often part of everyday life. But, by paying attention to your daily tasks, you can slow down a racing mind and have an opportunity to practice mindfulness.

**Select three chores you perform regularly.** For example, vacuuming, washing dishes, collecting the mail, bathing your children, etc. Then, write down everything you can focus on during the task, so next time you can focus on the present moment. For example, the movements of your hands, the sensations in your body, or the different colors you can see.

**Chore :** \_\_\_\_\_

What can I pay attention to?

---

**Chore :** \_\_\_\_\_

What can I pay attention to?

---

**Chore :** \_\_\_\_\_

What can I pay attention to?

---

Even if it's only a few minutes, every little bit counts. Think about how much this would add up to over a week! You're being more mindful in everyday life without needing any extra time at all!

**CLICK TO LISTEN**  Discover how to use mindfulness during daily chores and tasks on episode 66 of **The Mindful Kind Podcast** titled '**Daily Chores & Mindfulness**'.

**Step 3 : SAY YES TO WHAT LIGHTS YOU UP**

Saying yes to things that create joy and mindfulness in your life is a meaningful way to become happier and feel more fulfilled.

In such a busy world, we're often encouraged to wear stress, rush and over-working like badges of honour. It's no wonder we sometimes struggle saying yes to our happiness and self-care (especially when it might mean prioritising them over work, chores and other people's expectations of us!).

You can say yes to many different things, such as creating goals, trying new experiences, buying meaningful things, engaging in self-care, and spending time with loved ones.

Take a moment to close your eyes and think about what lights you up.

**This week I choose to say yes to** \_\_\_\_\_

Stuck for ideas? You'll find a few activities below to get you started :)

<i>Making travel plans</i>	<i>Having a bath</i>	<i>Setting goals</i>	<i>Doing yoga</i>
<i>Getting a massage</i>	<i>Dancing</i>	<i>Re-decorating the bedroom</i>	<i>Gardening in the sunshine</i>
<i>Buying a new book</i>	<i>Going out for breakfast</i>	<i>Quality time with family</i>	<i>Being creative</i>

**CLICK TO LISTEN**  Learn how to experience more joy in your life on episode 67 of **The Mindful Kind Podcast** titled '**Saying Yes to What Lights You Up**'.

## **Step 4 : FIND A POSITIVE SPACE**

Choosing to spend time somewhere that encourages positivity can boost your happiness. A positive space should uplift you and leave you feeling lighter than you did when you arrived.

### **Go where you feel most alive!**

Think of some of the positive places in your life that resonate with you, give you opportunities to feel joyful, and leave you recharged.


Perhaps a place in the garden, a nearby café, a bench in the park, a view that overlooks the beach, your local gym, your car, a meditation class, the library... Anywhere that gives you a sense of joy, calm and happiness.

Now think of a space you can intentionally visit this week.

**The positive space I will visit this week is \_\_\_\_\_**

Here are a few ways you can be more mindful in your positive space:

- Put your phone away / put it on silent
- See how many colors you can spot
- Simply listen to your surroundings
- Take a few deep breaths

**CLICK TO LISTEN**  Learn how to appreciate a positive space mindfully on episode 68 of **The Mindful Kind Podcast** titled '**Positive Spaces & Mindfulness**'.

## **Step 5 : CREATE HAPPY HABITS**

A simple way to invite more happiness into your life is by creating positive habits and practicing them regularly.

A happy habit can be as simple as reading a book before bed or practicing yoga for an hour a week. Maybe you want to play guitar for 20 minutes a day or do a creative writing activity first thing in the morning.

It's completely up to you how you set up your habit, but I highly recommend you think about how to make it realistic and achievable for your lifestyle.

---

### **Here are some tips to get you on the right track!**

#### **Start Small**

- You can always increase or decrease your habits when you need to

#### **Plan Ahead**

- Be specific about how much time you'll dedicate to your habit and when you'll do it

#### **Be Self-Compassionate**

- Sometimes, starting a new habit can be challenging, so be kind to yourself :)

#### **Have Fun!**

- There's a reason it's a 'Happy Habit'. If you're not having fun, change things up!

Let's explore some habits that could help you increase your happiness. There are certain types of habits that might not resonate with you - it's okay to try different things and let them go if they aren't for you.


**Brainstorm as many happy habits as you can think of :**

Great job! Now, take a look at the list of happy habits you made and pick **ONE** habit to start implementing this week.

**The happy habit I choose to implement this week is** \_\_\_\_\_

**For which day / days?** \_\_\_\_\_

**And for how long?** \_\_\_\_\_

**CLICK TO LISTEN**  Experience mindfulness during positive habits on episode 69 of **The Mindful Kind Podcast** titled '**Happy Habits & Mindfulness**'.



**Action Plan : A HAPPIER, MORE MINDFUL LIFE**

*To create a happier more mindful life this week...*

The hobby I choose to implement is \_\_\_\_\_

The chores I will apply mindfulness to are

\_\_\_\_\_

I will say yes to \_\_\_\_\_

The positive space I will visit is \_\_\_\_\_

The happy habit I choose to implement is \_\_\_\_\_

on day / days \_\_\_\_\_ for \_\_\_\_\_

---

**Congratulations!** You deserve a little more happiness in your life and now you've created an action plan to help you achieve that. Well done:)

Have a wonderful week!

**With love, Rach xx**