

Worksheet 01.07 Being One-Mindful

Name: _____ Date: _____

Being one-mindful simply means focusing on one thing at a time. It is the skill of fully participating put into action in daily life. There are three characteristics of being one-mindful:

1. Acting on purpose or with intention
2. Paying attention in the present moment
3. Focusing on one thing at a time in a particular way with a mindful attitude

Lao Tzu said, "The journey of a thousand miles begins with a single step."

This means that great things always start from humble beginnings. When seeking out our own goals and intentions for our lives, it is sometimes easy to get overwhelmed by the number of things we have to do. Lao Tzu teaches us that if we focus on the thousand miles, we'll be so intimidated by the journey that we may never make the first step. But if we focus on the first step, and only on the first step, we can devote all of our attention to that step. Then we can go on to the next step, and to the next, by focusing on one thing at a time in the present moment. When we approach things in this way, with deliberate attention and intention, we are able to accomplish great things because we are acting on each task that is before us as it presents itself.

The way to do this is to start by asking, "What is the smallest thing I can do today that will make a difference?" Once we have defined that one small thing, we are free to focus all of our attention on that task, and only on that task, until it is completed. Only then do we return our attention to the next step on the journey. And then the next, and so on until we are done. When doing things in this manner we will eventually find that we have completed the journey of a thousand miles.

PRACTICE BEING ONE-MINDFUL

To the skill of focusing on one thing at a time, first think of a goal you'd like to accomplish in your own life. It could be a small goal, like adding more fruits and vegetables to your diet, or a larger goal, like being successful in your career. Pick the first goal that comes to mind and write it in the space below.

GOAL:

Worksheet 01.07 Being One-Mindful

Name: _____ Date: _____

Now that you have a goal, practice being one-mindful (focusing on one thing at a time) by answering the following questions about your chosen goal:

What is your intention in setting this goal? What do you hope to accomplish by it?

Right now, in this present moment, what is the first, smallest step you could make towards accomplishing this goal?

Right now, in this present moment, what would help you to be able to focus on one thing at a time with a mindful attitude until this goal is accomplished? Be as specific as possible, using your observing and describing skills.

Now that you have created a plan for the first step in your goal, implement it and observe the results. Then go on and repeat this process again for the next step towards your goal, and the next, until your goal is accomplished.

Does this process help you to focus on one thing at a time?

Does focusing on one thing at a time in this manner reduce your stress and make fully participating in your life easier?