

BROOKE ASHLEY MINDWORKS

The Mindful Mind

A PRACTICAL GUIDE TO BEING WHERE YOU ACTUALLY ARE

A guided workbook for slowing down,
strengthening present-moment awareness,
and learning to notice your thoughts,
emotions, body, and surroundings
without immediately reacting to them.



BY BROOKE DOMNICK

MORE AWARENESS | A CALMER MIND | A MORE PURPOSEFUL YOU

START HERE

What Mindfulness Actually Is

Less “zen master.” More “I noticed I left the room mentally, so I came back.”

Mindfulness is commonly described as present-moment awareness of internal experience and the world around us, with less automatic judgment or reaction. That can include thoughts, emotions, physical sensations, sounds, sights, movement, and whatever else is happening right now.

It is a skill, not a personality type. You do not have to be naturally calm. You do not have to love meditation. You do not need incense, a silent house, or thirty uninterrupted minutes.

IMPORTANT DISTINCTION

Mindfulness is not the same thing as relaxation. You may feel calmer sometimes, but the practice is awareness. If you notice tension, boredom, irritation, or a racing mind, you are still noticing.

What You'll Practice

- Returning attention without turning distraction into a personal failure.
- Noticing thoughts without treating every thought like an instruction.
- Using your senses and body as anchors to the present.
- Making room for an emotion without immediately arguing with it.
- Creating tiny mindful moments inside an ordinary day.
- Using focused attention and imagery intentionally, including ideas that connect with the hypnotherapy training behind MindWorks.

PRACTICE

The 60-Second Arrival

Use this when you sit down to work, get home, park the car, start your lunch break, or realize you've been mentally running in six directions.

- ☐ STOP: Let your body become still for a moment.
- ☐ LOOK: Let your eyes land on one ordinary thing around you.
- ☐ FEEL: Notice one point of physical contact—feet, back, hands, or legs.
- ☐ BREATHE: Follow one natural inhale and one natural exhale.
- ☐ NAME: Silently say, “I am here.”

That's it. No dramatic transformation required.

Where could I realistically use a 60-second arrival this week?

PERSONALIZE IT

Build Your Own Mindfulness Menu

Different practices fit different moments. Build a menu instead of expecting one technique to work every time.

When my mind is racing

My go-to practice:

When I feel disconnected or scattered

My go-to practice:

When I am irritated

My go-to practice:

When I need to focus

My go-to practice:

When I am winding down

My go-to practice:

MAKE IT YOURS

Your menu can change. The point is to know what you can reach for without having to invent a plan in the middle of a hard moment.