



MINDFULNESS MEDITATION

EXERCISE

Becoming an entrepreneur is a big decision, particularly when leaving an existing position. We may find ourselves enthusiastic and excited about the prospect of fulfilling a dream, doing something new, perhaps something about which we are passionate or that we may consider a calling. Yet at the same time, doubt, lack of confidence, fear, or even terror may occasionally or periodically enter our minds. Under those circumstances we may find ourselves backing away from a dream or making less than optimal decisions.

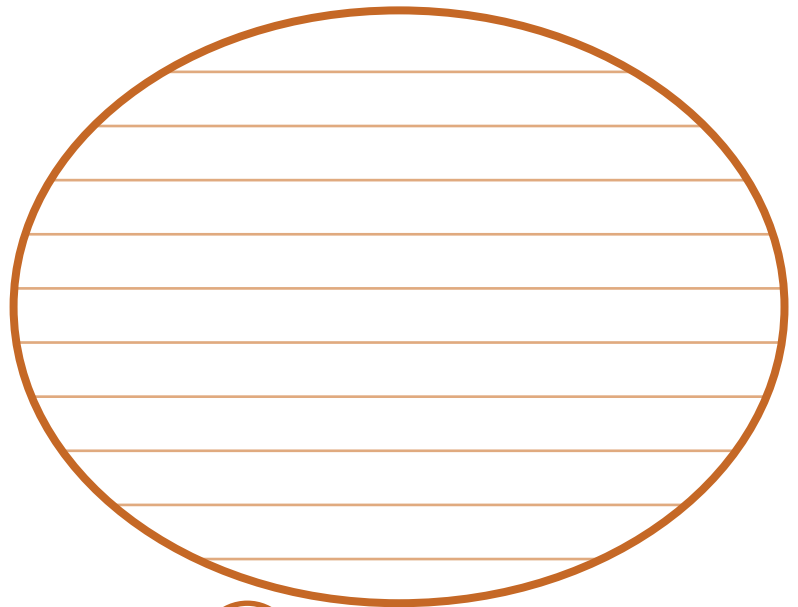
The key is to allow our passion and inner wisdom to come forth. In this way, what we engage with will be effortless,

whether it is developing our strategy, working with clients, or hiring the right staff. The balance of passion and wisdom will also inform us how to balance our lives, so that we remain personally resilient and that our efforts are sustainable.

When we are living aligned with our true essence, the work we do and the life we lead is effortless. Being mindful in our daily lives brings us in contact with our true essence, moment by moment. Mindfulness entails training our minds to be in “the present moment.” Meditating regularly, and ideally every day, enables us to develop and maintain the calm we need and the courage it takes to be an entrepreneur.

Find your inner peace through the art of journaling

Take a moment and record your thoughts



Upon rising, or at any time in the day when you know you will not be interrupted, take 10-15 minutes to do Mindfulness Meditation. Start by sitting in a chair or lying on the floor in a comfortable position. Close your eyes and become aware of your body in this moment and relax it to the best of your ability. Also acknowledge that you are taking this time for yourself and to make contact with your inner wisdom.

Now start by visualizing yourself as successful. In your mind's eye create as clear a picture as possible of yourself succeeding in whichever way is important to you. You may be visualizing yourself as having made the decision to leave your position with a company to start your own business; or you may have already started the business and you wish to visualize a successful presentation to an important client; or you may wish to visualize running your business in a very calm and focused state; or that your work is effortless and sheer joy.

You may also wish to use a word or phrase that reinforces what you are visualizing and repeat it every few seconds, finding your own rhythm. For example, if you wish to be able to function more calmly in your day, you could repeat "calm" or "I am calm."

The objective is to have the image and the word or phrase reinforce one another. You will find that over time the visualization and word will cause you to experience feeling in your body. The feeling will serve to reinforce your visualization. Allow and encourage the feeling to grow and expand throughout your being. Do this meditation for five to 10 minutes.

Then allow that focus of concentration to dissolve. For the remaining five to 10 minutes that you have in the meditation, once again become aware of your body. Remain in that stillness and allow the body to remain relaxed. If the mind wanders, which it will naturally do, very gently bring it back to your body. By coming back to the body you are training your mind to reside in the present moment.

When your time is up, open your eyes, become aware of your surroundings, and prepare to enjoy a mindful day. ❤️

Maria Gonzalez is President and Founder of Argonauta Strategic Alliances Consulting Inc., founded in 2001. She has practiced Mindfulness Meditation for over 17 years and now teaches her own classes in Toronto, ON.

If you would like more information on Mindfulness Meditation visit www.argonautaconsulting.com. You can also contact Maria Gonzalez at mgonzalez@argonautaconsulting.com.