

# MIND™ Coaching Model for Personal Mindfulness Coaching

**Meditate** – observe and reflect on thoughts, feelings (physical/mental), and emotions without identifying with them. Or, meditate on a goal you want to achieve. What are you thinking or feeling? What is the goal. Be specific and clear. [reflection, vision, picture] [do with eyes closed, breath deeply]

**Investigate** - be with what is there and understand the triggers and realities, why are you feeling what you feel, thinking what you think? If this is a goal, what are the tasks? What do you need to complete the goal/tasks?

**Notate** – what is real, what is happening in the present moment. You your feelings or thoughts? What is real in this moment, right now? Do your feelings/thoughts match the moment? If this is a goal, what your resources to help you support your goals/task. What do you need to do, and what resources to you have to help you do it? Write it down, draw it out, outline it.

**Decide** – decide how you want to respond? what do you want to do with the feelings/thoughts? Continue observing it, let it go, hold on to it? Why? Is it part of the current reality or the past? Is it part of the current reality or a future expectation? What immediate actions do you want to take to resolve the feeling or thoughts? Decide when you want to get started and complete your goal or resolve your issue. Immediate and long-term objectives.

