

Golden Nuggets of Mindfulness for Lifelong Learners: Learning Plan

This learning plan is for those who would like a little more of a structured approach to exploring the Golden Nuggets of Mindfulness for Lifelong Learners web site and resources. You do not have to follow the schedule exactly if you don't want to, but the order of activities is designed to give you the best route through based upon my experiences of teaching mindfulness over many years.

Alongside following the schedule below, I highly recommend keeping a diary for your reflections to the activities, daily life experiences and the reflection question. I have also included a resource check list at the end of this document if you want to keep a track of what you've engaged with.

All the best with your journey!

Dr Dean Howes

Activity/Session/Week 1

- Watch the welcome video and read the welcome message
- Get familiar with the web site and its' contents
- Read the list of golden nugget sayings
- Try the "Noticing Now" in-the-moment mindfulness technique

Reflection Question: What are your thoughts, hopes and fears about mindfulness as you begin your journey?

Activity/Session/Week 2

- Try the "Noticing Now" in-the-moment technique again
- Read the introduction to mindfulness and lifelong learning .pdf file
- Watch the "What is mindfulness?" video
- Watch the "12 powerful habits of lifelong learners" video
- Try the "Mindful breathing" in-the-moment technique

Reflection Question: What do you notice about your own attention and awareness as you try the mindfulness techniques and in everyday life moments?

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Activity/Session/Week 3

- Try the “Mindful breathing” in-the-moment technique again
- Read the list of qualities of attitudes of mindfulness
- Watch the videos about the qualities and attitudes of mindfulness
- Explore 2 golden nugget sayings
- Try the “Mindful breathing” in-the-moment technique

Reflection Question: Reflect upon each of the qualities and attitudes of mindfulness. How does each one sit with you at this stage of your journey.

Activity/Session/Week 4

- Try the “Mindful breathing” in-the moment technique again
- Explore 3 golden nugget sayings
- Try the “Body Scan” meditation

Reflection Question: Consider the golden nugget sayings explored. How can these make a difference in your everyday moments?

Activity/Session/Week 5

- Try the “5-4-3-2-1” in-the moment technique
- Explore 3 golden nugget sayings
- Try the “Breath and Body Scan” meditation

Reflection Question: Consider the golden nugget sayings explored. How can these make a difference in your everyday moments?

Activity/Session/Week 6

- Try the “Beginner’s Mind” in-the moment technique again
- Explore 4 golden nugget sayings

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- Try the “Breath and Body Scan” meditation again

Reflection Question: Consider the golden nugget sayings explored. How can these make a difference in your everyday moments?

Activity/Session/Week 7

- Try the “Mindful eating” and/or the “Mindful walking” in-the moment technique(s)
- Explore 4 golden nugget sayings
- Try the “Body Scan” meditation

Reflection Question: Consider the golden nugget sayings explored. How can these make a difference in your everyday moments?

Activity/Session/Week 8

- Try any in-the moment technique again
- Explore the final 2 golden nugget sayings
- Try the “Pure Awareness” meditation

Reflective Question: What opportunities and barriers have you found in term of practising the mindfulness techniques and meditations on a regular basis?

Activity/Session/Week 9

- Try any in-the moment technique again
- If interested, read or listen to the information about contemporary mindfulness and research and evidence
- Try the “Complete meditation” either with or without background rainforest sounds meditation

Reflective Question: What changes have you noticed in yourself since you have begun to practice the mindfulness techniques and meditations regularly?

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Activity/Session/Week 10

- Try any in-the moment technique again
- If interested, read or listen to the information about the issues and debates in mindfulness
- Try the “Complete meditation” either with or without background rainforest sounds meditation again

Reflective Question: What are your experiences of meditating for a longer period of time?

Going forward

- Keep a list of the golden nuggets sayings that resonate most with you and try to be mindful of them in everyday moments
- Develop a routine of your favourite in-the-moment and meditative techniques
- Research and use other resources that might be useful to you

Reflective Question: How might you continue your journey with mindfulness going forward?

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Resource tick list

Welcome video	<input type="checkbox"/>
Welcome text	<input type="checkbox"/>
An introduction to mindfulness and lifelong learning .pdf	<input type="checkbox"/>
What is Mindfulness? video	<input type="checkbox"/>
12 powerful habits of lifelong learners video	<input type="checkbox"/>
Contemporary Mindfulness .pdf/.mp3	<input type="checkbox"/>
Research and Evidence .pdf/mp3	<input type="checkbox"/>
Issues and debates .pdf	<input type="checkbox"/>
9 Attitudes video	<input type="checkbox"/>
Seven Attitudes video	<input type="checkbox"/>

Golden Nugget 1 – Be at home in yourself and you’ll be at home anywhere	<input type="checkbox"/>
Golden nugget 2 – Notice Now	<input type="checkbox"/>
Golden Nugget 3 – Notice in neutral	<input type="checkbox"/>
Golden Nugget 4 – Notice novel distinctions	<input type="checkbox"/>
Golden Nugget 5 – Notice the natural rhythm of being	<input type="checkbox"/>
Golden Nugget 6 – Restful alertness	<input type="checkbox"/>
Golden Nugget 7 – Have gentle curiosity	<input type="checkbox"/>
Golden Nugget 8 – Have a beginner’s Mind	<input type="checkbox"/>
Golden Nugget 9 – Give yourself permission to slow the mind, body and emotions	<input type="checkbox"/>
Golden Nugget 10 – Find protected time	<input type="checkbox"/>
Golden Nugget 11 – Our only limiter is ourselves	<input type="checkbox"/>
Golden Nugget 12 – Our only distractor is ourselves	<input type="checkbox"/>
Golden Nugget 13 – We are not our thoughts	<input type="checkbox"/>
Golden Nugget 14 – Treat thoughts as visitors: let them come and let them go	<input type="checkbox"/>
Golden Nugget 15 – Don’t should on yourself and don’t should on other people	<input type="checkbox"/>
Golden Nugget 16 – It’s OK to be busy	<input type="checkbox"/>
Golden Nugget 17 – Be mindful even when you can’t do mindfulness	<input type="checkbox"/>
Golden Nugget 18 – Don’t try to find the mindful state, but be open to it finding you	<input type="checkbox"/>

Mindful breathing .mp3	<input type="checkbox"/>
Here and Now breathing .mp3	<input type="checkbox"/>
5-4-3-2-1 technique .mp3	<input type="checkbox"/>
Noticing Now .mp3	<input type="checkbox"/>
Beginner’s Mind .mp3	<input type="checkbox"/>
Mindful Eating .mp3	<input type="checkbox"/>

