

## **Mindfulness Activity: Identify Your Essence Words**

Most people I work with can identify 3-6 core essences from this list that are really important to them. For example, my big three are clarity, confidence and compassion. In addition, you'll likely discover that there are an additional 6 essence words or so that routinely come up when you feel most fulfilled.

I find that when I put my mind on what brings me fulfillment, and redirect my attention to this when necessary, it greatly improves my attitude and helps me make better, more rewarding choices.

So, take a moment to go through this list and identify the 3-6 essence qualities which are most important to you. Then, identify your secondary list. If you're not sure, think about the things in your life that make you feel fulfilled or sustained in some way. What feeling-experiences do you associate with these things, relationships or experiences? Keep in mind this list is not exhaustive, so feel free to add a quality that isn't listed.

Some essence qualities aren't as "glamorous" as others, but they are vital to fulfillment. These might include essences like *sustainable, dependable or reliable*.

Once you've identified your key essence words, be mindful of the essence you receive from what you have in your life. If something doesn't bring you essence, look at the essence quality you'd like to have and look for small ways to get more of that essence.

Take good care :)

Meg

## Essence Words

### Being States

enjoyment	strength	openness
creativity	perseverance	simplicity
ease	lightness of being	adventure
freedom	clarity	serendipity
unconditional love	healing	integrity
beauty	wholeness	honesty
inspiration	innocence	balance
stamina	patience	understanding
flow	kindness	enlightenment
mobility	grace	connection
compassion	transformation	contribution
generosity	faith	peace
devotion	willingness	serenity
imagination	humility	satisfaction
spontaneity	insight	resilience
trust	flexibility	well-being
gratitude	detachment	community
wisdom	gentleness	fun
courage	communication	equanimity
clarity	humor	fairness

### Interactions

loving	supportive	generosity of Spirit
kind	considerate	respectful
honoring	valuing	easy to be with
joyful	accepting	reciprocal
playful	understanding	passionate
liberating	honest	authentic

### Other

financial freedom	healthy	balanced lifestyle
unconditionally loving	meaningful work	loving friends
empowering	community	service of greater good
reliable	beautiful	warm
dependable	durable	sunny
supports my work	practical	cool
supports my health	easy-care	pleasing to my senses
easy to clean	low-maintenance	effortless
contact with Nature	economical	restful
stimulating	high-quality	peaceful
quiet	eco-friendly	reflects my wholeness
animal-friendly	comfortable	reflects my authenticity
comfortable	cozy	inviting
organized	recyclable	reusable

### Your List

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____