

My Six Degrees of Meditation:  
A Meditation Memoir



Workbook

Hailey Pinksen

RESILIENCE COACH



Instructor Information:

Hailey Pinksen, Leadership Resilience Coach

Email: [haileypinksen@gmail.com](mailto:haileypinksen@gmail.com)

Cell: 403-393-7913

Website: [haileypinksen.com](http://haileypinksen.com)

YouTube: [https://www.youtube.com/channel/UCqmPga\\_TdXKSKlpgakOcD6A](https://www.youtube.com/channel/UCqmPga_TdXKSKlpgakOcD6A)

Podcast available on most apps: Hailey's Podcast

Copyright 2020 Hailey Pinksen



## *My Six Degrees of Meditation*

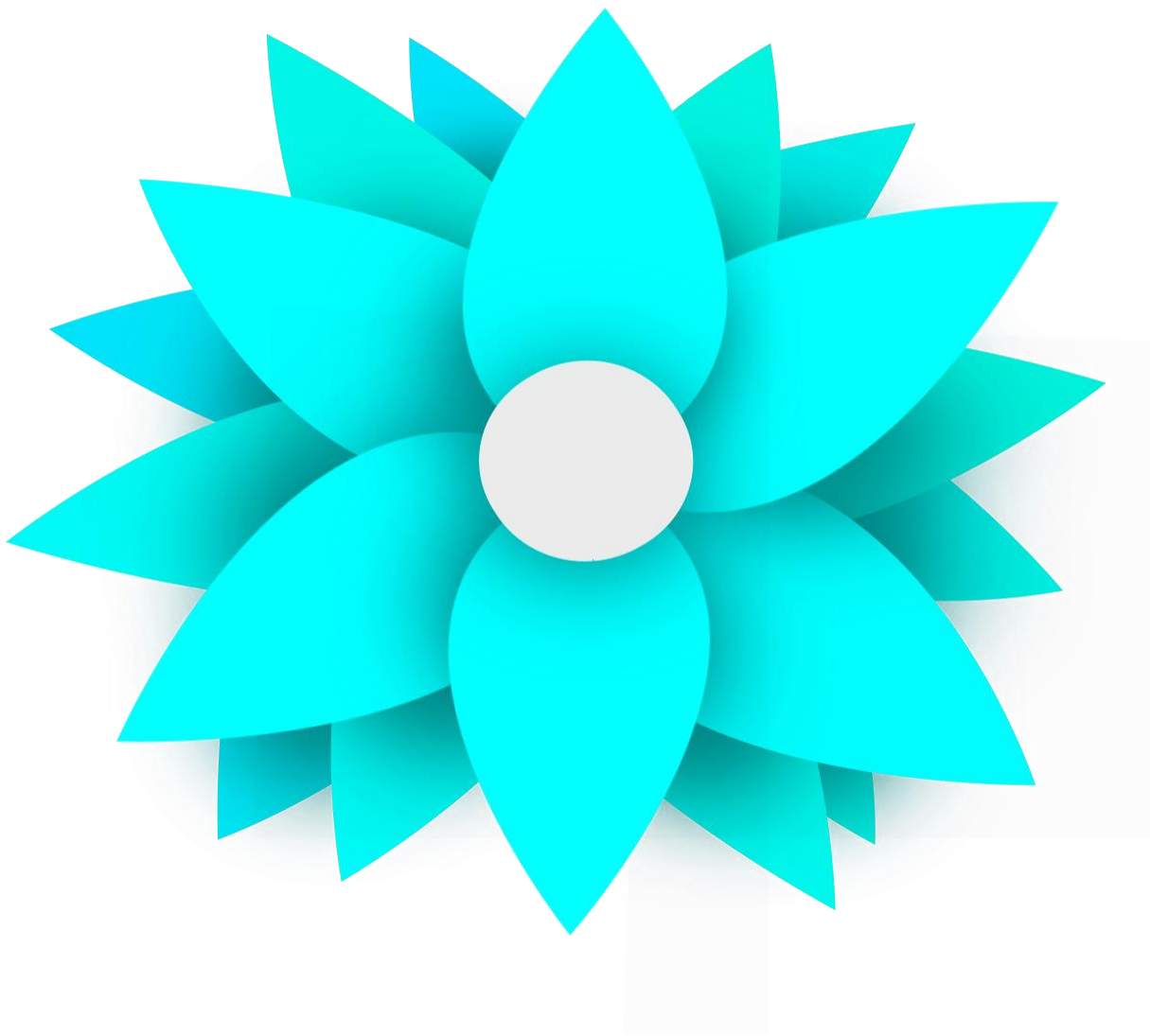
There are many benefits to meditation for example: enhanced present moment awareness, less reactive, and possibly a sense of calmness. Throughout the course, notice some of the benefits you encounter. Your awareness links to meditation, your whispers of insight, may be different from mine. That is the beauty in the practice - it is unique and individual for everyone. My petals of awareness are what I am calling my Six Degrees of Meditation. My meditation practice has heightened my awareness and connections to everything. Being present and engaged in the moment increases my awareness to the things around me. My Six Degrees are my life lessons, my reminders of what is important and why I need to keep coming back to my practice. They are my anchors and my support structure.



## My Six Degrees of Meditation

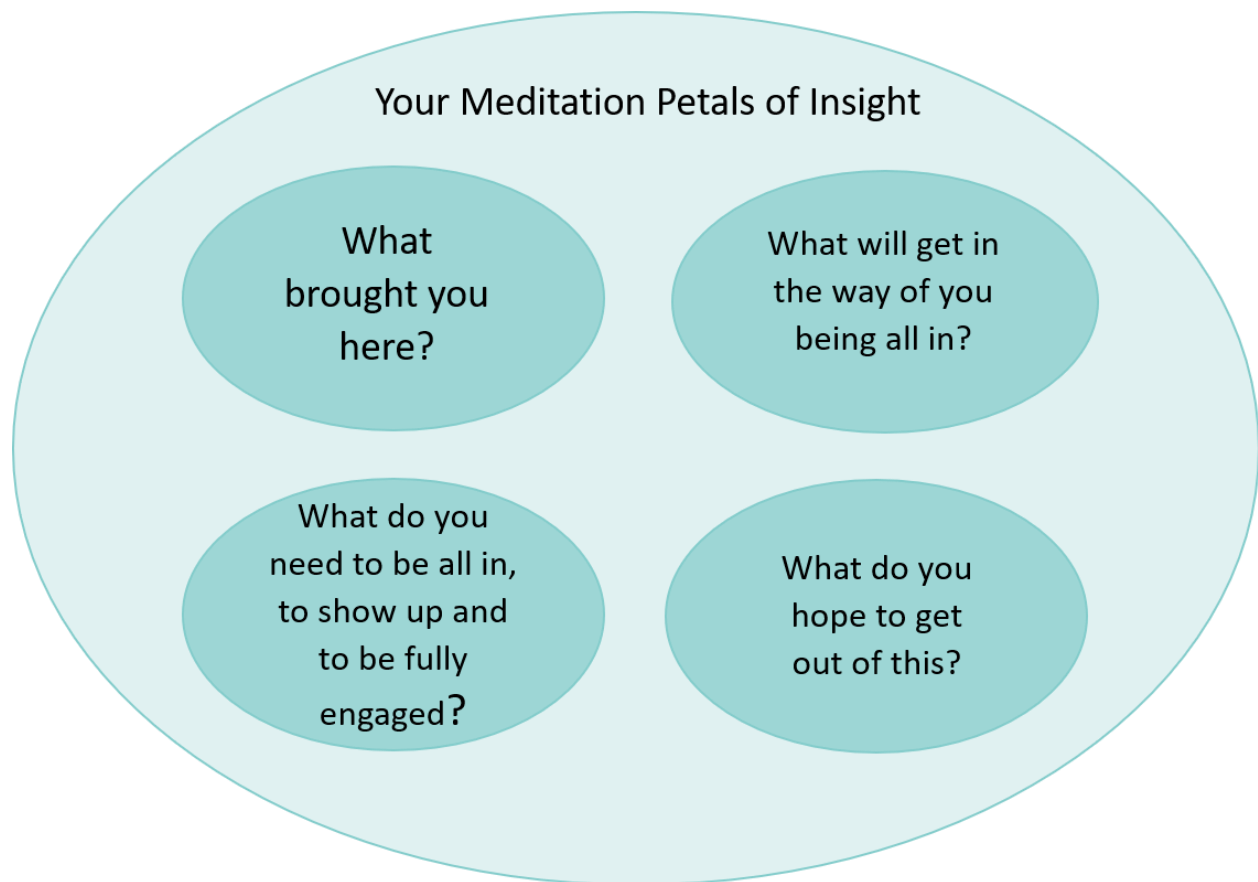
What are your awareness links to meditation? What are your whispers of insight, petals of awareness, your learnings of meditation?

Fill in the each petal with your insight throughout the workshop weeks.



## Week of Leadership

To build petals of insight that allows people to be present, fully engaged, participate, and want to come back to the process.



Credit to: Brene Brown, adapted from Container of Trust



### Your Meditation Petals of Insight

- What brought you here?
- What will get in the way of you being all in?
- What do you need to be all in, to show up and to be fully engaged?
- What do you hope to get out of this?



### Takeaway Exercise

YouTube Video: Marc Lesser: How to be an emotional Jedi (Book: Seven practices of a mindful leader)

<https://www.youtube.com/watch?v=okUTNp7OuB4>

Reflect on the following questions:

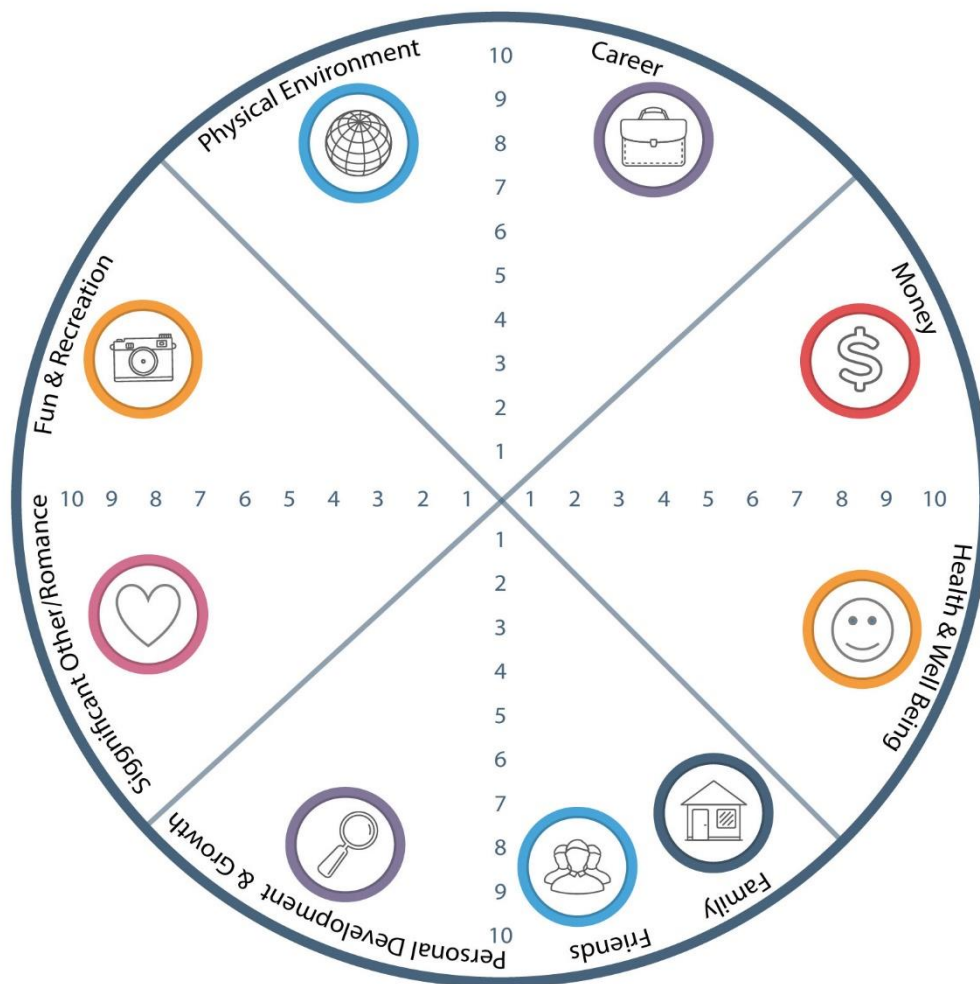
- Why are you here on the planet?
- How's it going?
- What action might you take in response to the first two questions?



## Week of Resilience

Complete the Wellness wheel

### Wellness Wheel



Credit to: Michael Arloski (Book: Wellness Coaching for Lasting Lifestyle Change)





## Wellness Wheel Reflection

Any insight or awareness? What areas require more of your awareness, attention and/or focus? Consider how this affects your resilience?

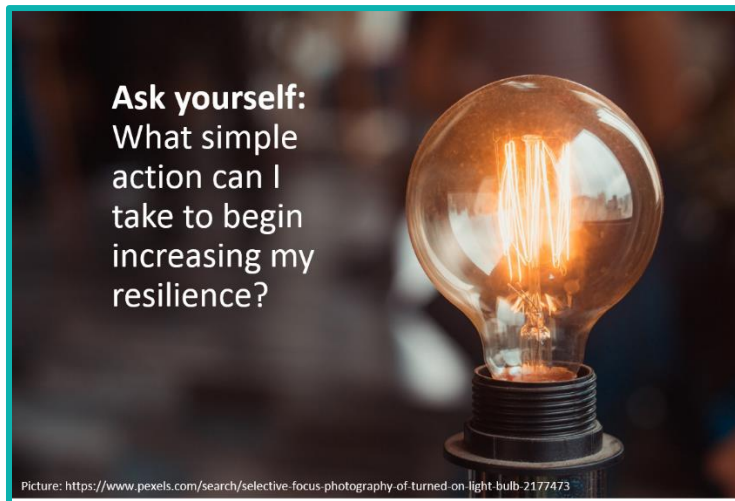
The results of the assessment could indicate areas you might want to explore further:

- Consider how exploring your own wellness might impact or improve some of the areas in your life.
- How can you incorporate more of what you love/enjoy into your life?
- How does this assessment help you incorporate more balance into your life?
- What do you want to do more of? Less of? What would you like to change?



## Self Care Kit

Build your own self care kit with images and words?



### Takeaway Exercise

Perform at least one simple action from your self care list to help increase your resilience. Reflect on any insight awareness from the action. Consider how you can incorporate more self care items into your life? Notice what enhances your resilience and what draws on your resilience.



## Week of Present Moment

### Beginners Mind Exercise

#### Reflection:

- Which of your senses were the most profound or heightened during the exercise?
- Do certain senses have more of an impact on your awareness than others?
- What do you think would happen if you were more present and aware using more of your senses?
- Did you have any insight or thoughts from the exercise?



### Takeaway Exercise

Find a mindfulness book that resonates for you and identify a quote to share with the group at the next session.



## Week of Courage

Reflection from the rock exercise

- What are your courage rocks?
- Write down the name of three people that inspire you
- Write down characteristics that make them inspiring.
- Reflect on this exercise



### Takeaway Exercise

Google Brene Brown TedTalk on the Power of Vulnerability

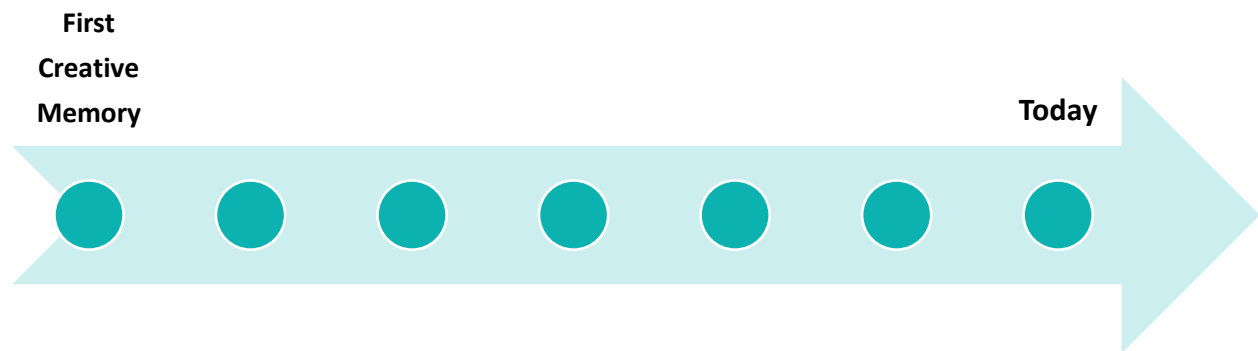
<https://www.bing.com/videos/search?q=brene+brown+youtube+vulnerability&docid=608004924577022495&mid=95E493CE358180F5527195E493CE358180F55271&view=detail&FORM=VIRE&adlt=strict>

Journal on your insight from the TedTalk. What resonated for you? Any insight?



**Week of Creativity**

Creativity Autobiography Timeline



Insert Childhood Picture Here (Takeaway Exercise)





### Takeaway Exercise

Find a picture from your childhood or look through magazines for your sources of inspiration when you feel stuck and may need to pull yourself out of your comfort zone. This is the reminder to draw on your curiosity and excitement in learning to gain perspective or consider things in a new light. In your workbook, reflect on the impact creativity has had in your life and how creativity was impacted by situations that occurred in your life. Bring the picture to share with the group for next session.



### **Week of Gratitude**

Write down six things you are grateful for. Reflect on this gratitude. Any insight? What stands out for you?



**Write yourself a letter**

As a reminder of your experience in this workshop, things or ideas that might help you continue your practice. Write your inner strength a thank you letter which honors the light, love, truth, beauty and peace that is within you.

Consider what are your whispers of insight to meditation? What are your whispers of insight, pedals of awareness, your learnings of meditation?

Fill in each petal with your insight throughout the workshop.



### Takeaway Exercise

Keep a gratitude journal for six days, writing down six things you are grateful for. What insight did you have? How does being more grateful affect your life? How does it affect your outlook?

