

# My Six Degrees of Meditation: A Meditation Memoir



Workbook  
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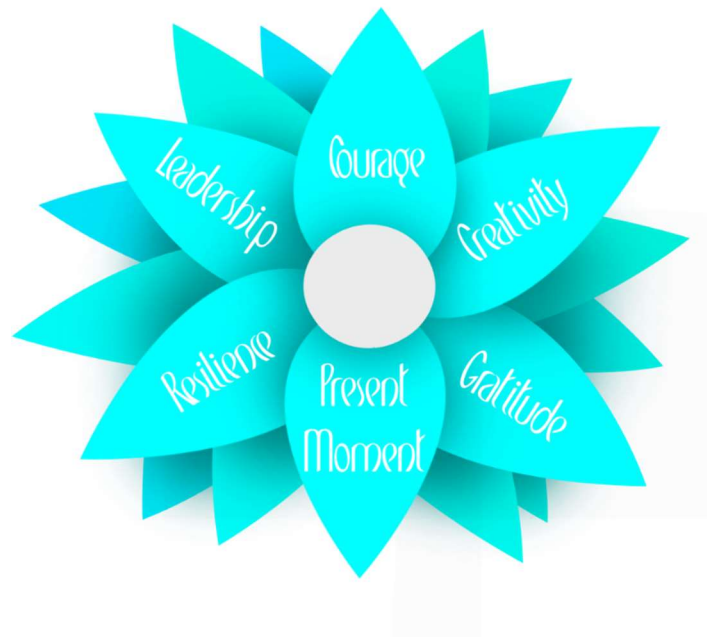
Podcast available on most apps: Hailey's Podcast

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## *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.



## Coaching

Coaching is “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.”

- International Coach Federation

I offer coaching sessions for organizations, teams and individuals. There are many reasons to seek out a coach:

- Setting out to achieve a goal or a dream
- Making a change or big decision in your life
- Overcoming a challenge or dilemma
- Starting a project
- Searching for a purpose or meaning in your life
- Struggling with life balance

If you want to explore further what a coaching session might look like, please connect with me or refer to the coaching intake form on my website:

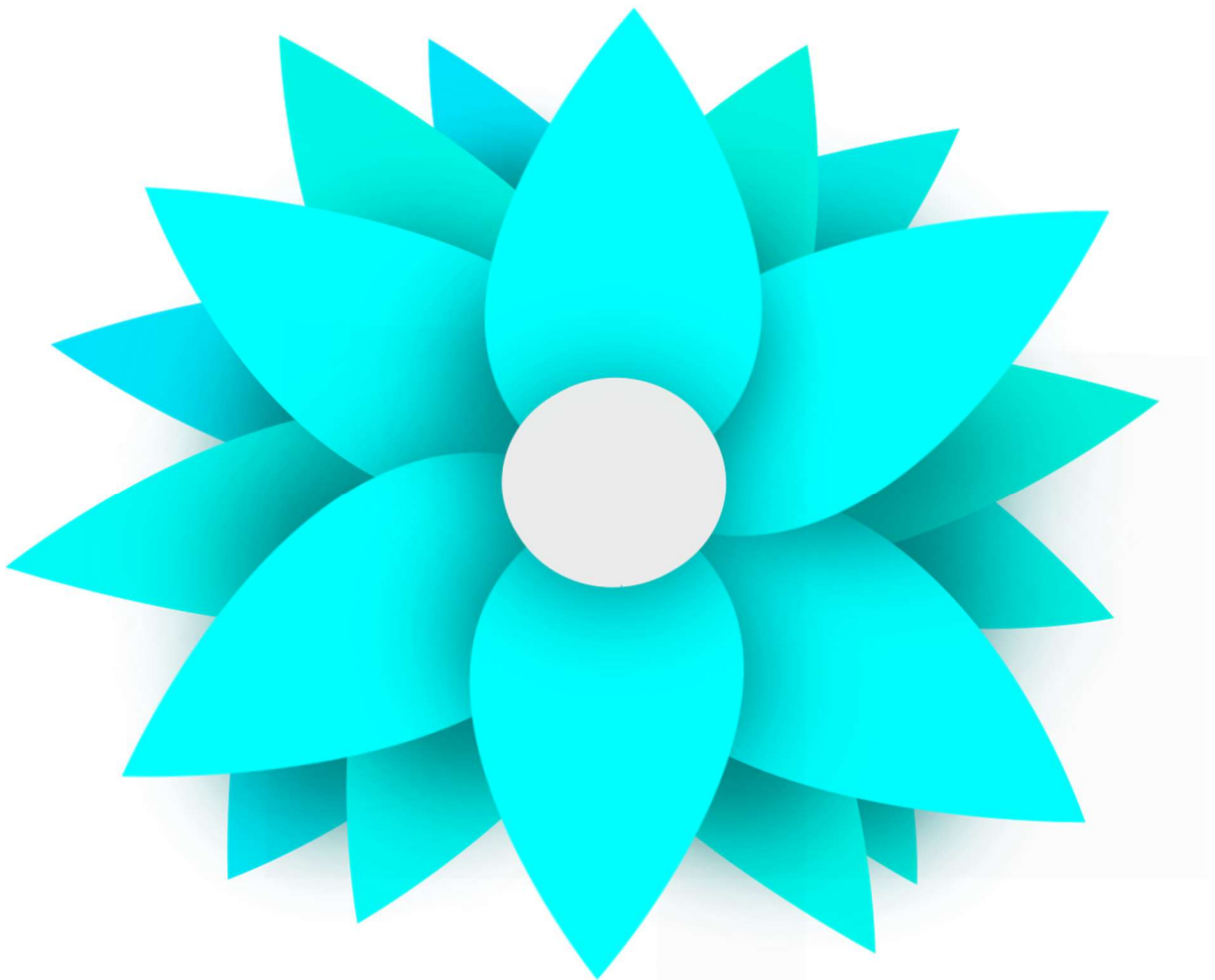
[https://www.haileypinksen.com/files/ugd/2ec774\\_f1d8ae41697b49eaab05046cf8b0e90b.pdf](https://www.haileypinksen.com/files/ugd/2ec774_f1d8ae41697b49eaab05046cf8b0e90b.pdf)



## 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 workbook.



**Degree #1: 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

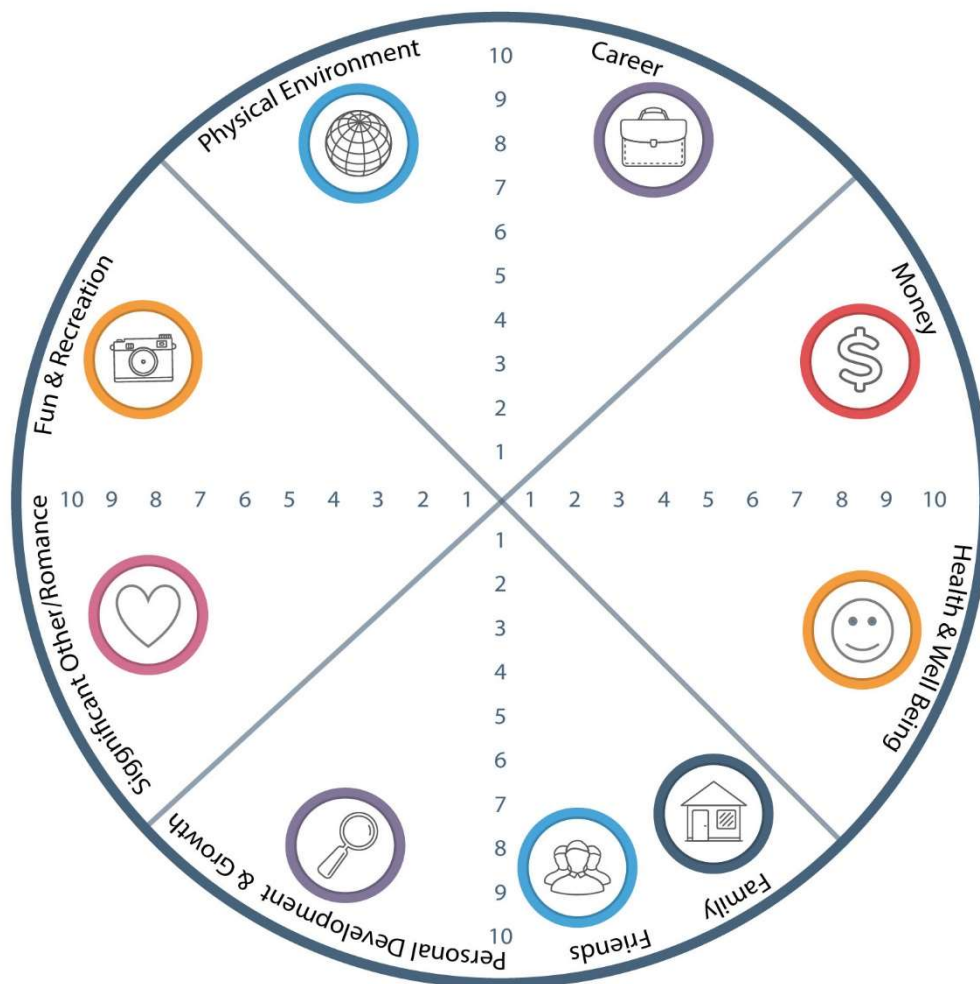
- What brought you here?
- What will get in the way of you being all in?
- What do you need to be all in, to show up and to be fully engaged?
- What do you hope to get out of this?



**Degree #2: 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?



### Degree #3: Present Moment Awareness

Reflect on what present moment awareness means to you. Consider alternative words to describe what resonates for you.

**P**resent Moment Awareness

**R**

**E**

**S**

**E**

**N**

**T**



**Degree #4: Courage**

Reflection exercise

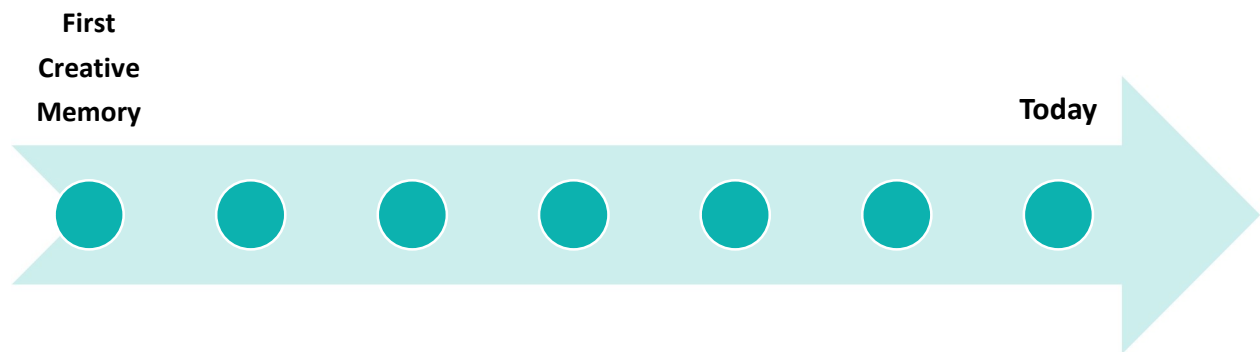
- Write down the name of three people that inspire you
- Write down characteristics that make them inspiring.



**Degree #5: Creativity**

Creativity Autobiography Timeline

Contemplate your creativity journey. Reflect on the highlights and disappointments along the way. Notice any trends or themes.



Insert Childhood Picture Here (source of inspiration)



**Degree #6: Gratitude**

Consider six things you are grateful for. Reflect on this gratitude and consider why you are grateful.

Next to each item write the word thank you



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## References

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>

## Movies:

