

Mindfulness Means...

An awareness that arises from...

- Paying Attention
- In a particular way;
- On Purpose,
- In the present moment, and
- Non-judgmentally

- Jon Kabat Zinn



four qualities of mindfulness

*PLAY LIKE
A CHAMPION
TODAY*

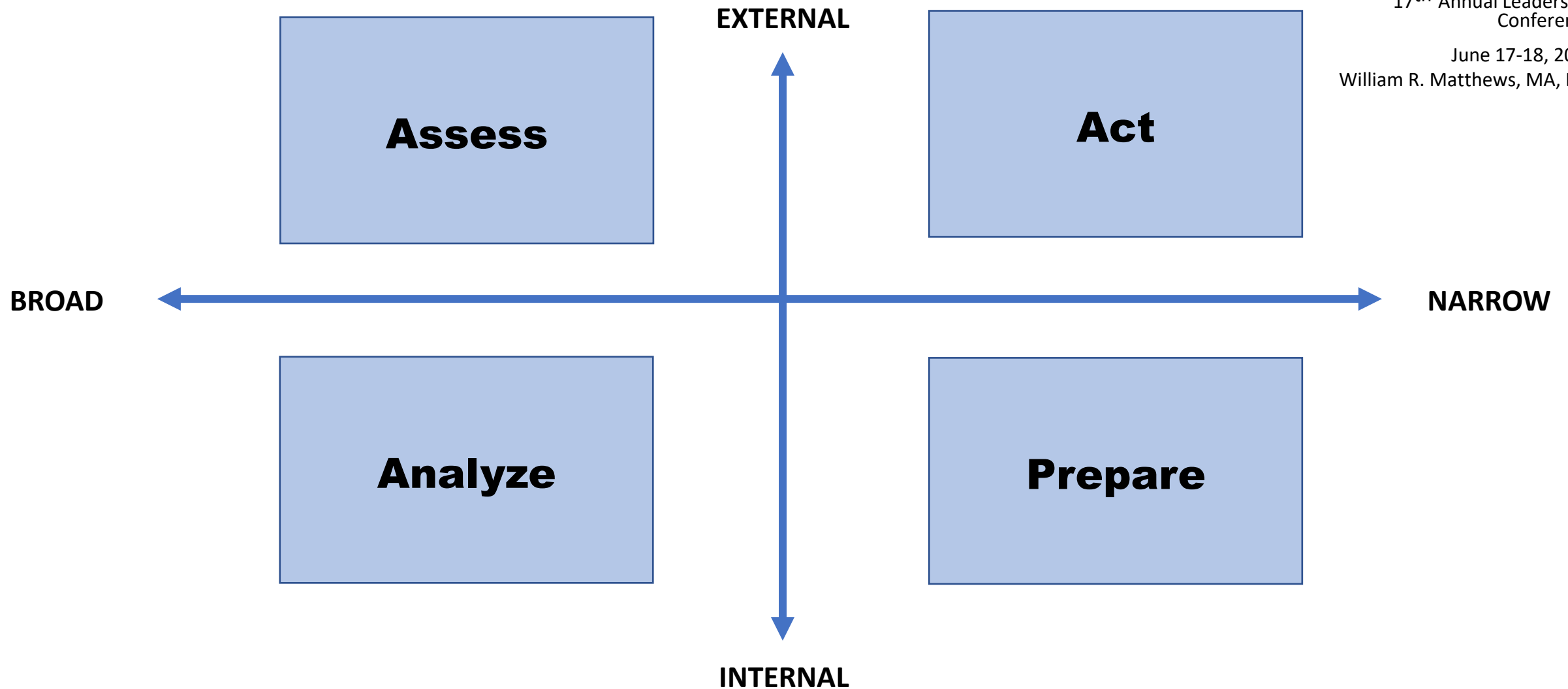
Character Education Through Sports

Nideffer's Attentional Model

17th Annual Leadership
Conference

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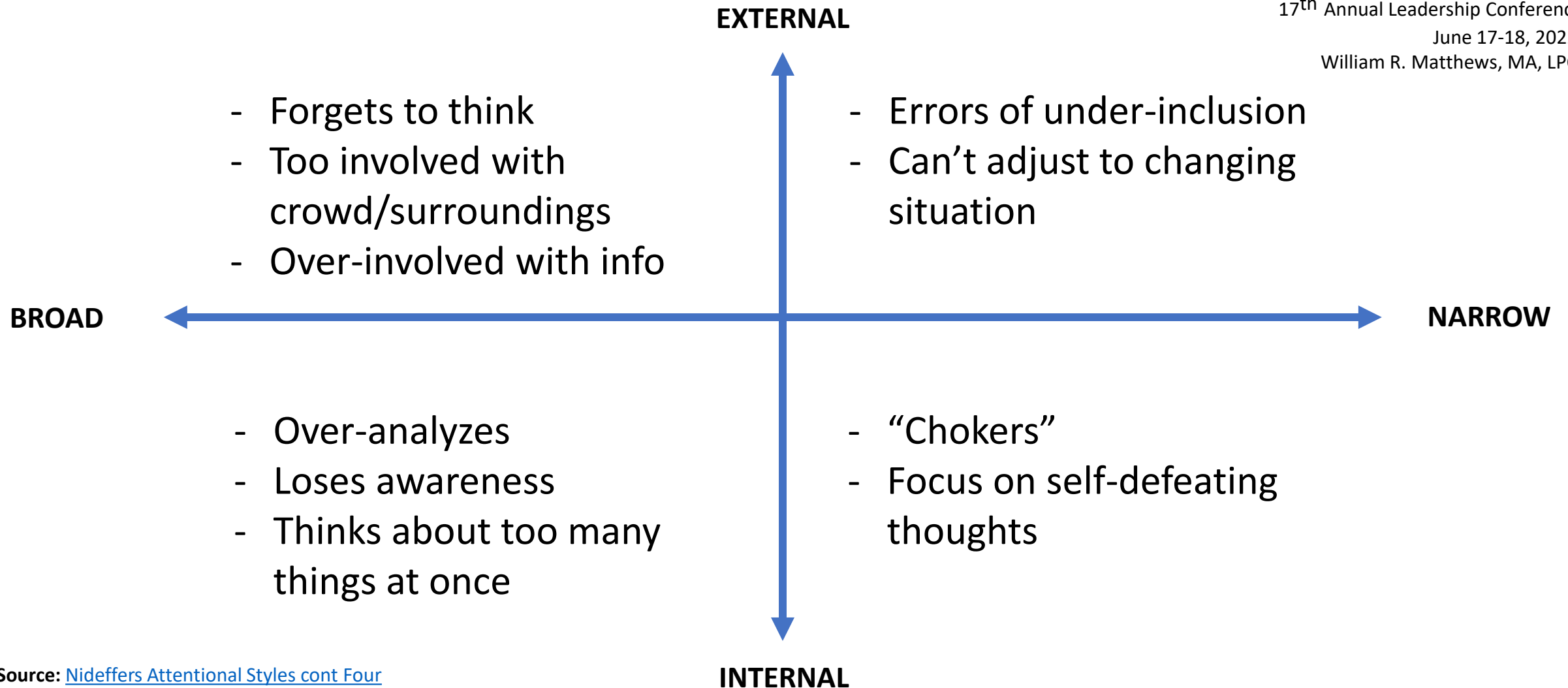
William R. Matthews, MA, LPC



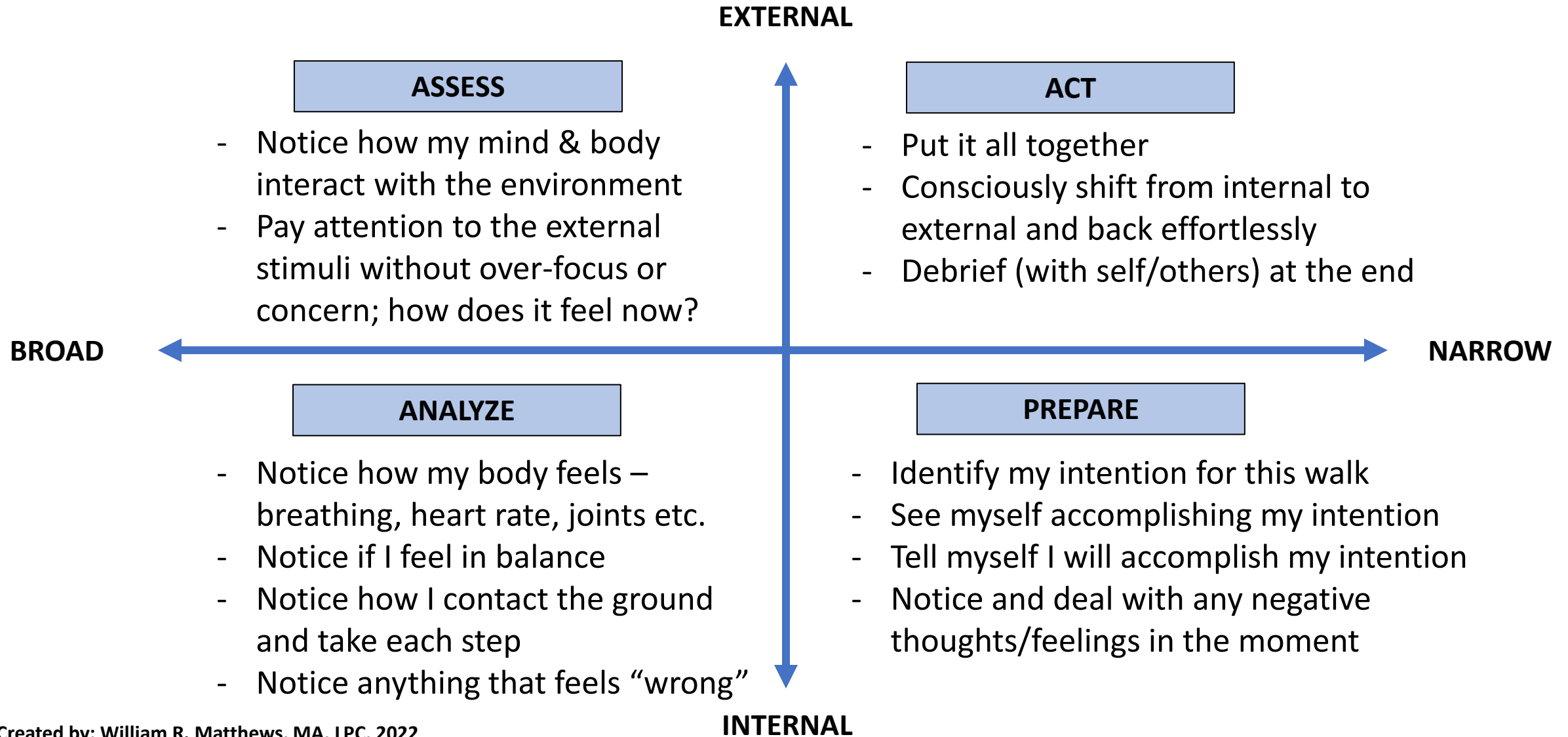
Nideffer's Attentional Styles

- As a general rule, the **more complex and rapidly changing** the situation, the more **externally** focused your attention must be
- The more need there is for **analysis and planning**, the more **internally** focused your attention must be

Nideffer's Attentional Errors



Applying Nideffer's Attentional Model to Mindful Walking



Mindfulness Walking Prompts

EXTERNAL FOCUS	INTERNAL FOCUS
<ul style="list-style-type: none">• Now, I am aware that I see...• Now, I am aware that I hear...• Now, I am aware that I smell...• Now, I am aware that I am/can touch...	<ul style="list-style-type: none">• Now, I see/imagine myself...• Now, I hear myself...• Now, I notice myself thinking...• Now, I notice myself feeling/sensing...