PLAY LIKE A CHAMPION TODAY Character Education Through Sports

Mindfulness Means...

An awareness that arises from...

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

undistracted clear focused awake presence awareness attentive noticing checking open non-judgemental kindness non-striving easy relaxation acceptance patient being letting go

four qualities of mindfulness





17th Annual Leadership Conference **EXTERNAL** June 17-18, 2022 William R. Matthews, MA, LPC Act **Assess BROAD NARROW Analyze Prepare INTERNAL**



Nideffer's Attentional Styles

PLAY LIKE
A CHAMPION
TODAY

Character Education Through Sports

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- 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



EXTERNAL

INTERNAL

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- Forgets to think
- Too involved with crowd/surroundings
- Over-involved with info

- Errors of under-inclusion
- Can't adjust to changing situation

BROAD

NARROW

- Over-analyzes
- Loses awareness
- Thinks about too many things at once

- "Chokers"
- Focus on self-defeating thoughts

Source: Nideffers Attentional Styles cont Four types of attentional focus Broad | Course Hero

Applying Nideffer's Attentional Model to Mindful Walking

EXTERNAL

ASSESS

- Notice how my mind & body interact with the environment
- Pay attention to the external stimuli without over-focus or concern; how does it feel now?

ACT

- Put it all together
- Consciously shift from internal to external and back effortlessly
- Debrief (with self/others) at the end

NARROW

BROAD

PREPARE

Notice how my body feels – breathing, heart rate, joints etc.

ANALYZE

- Notice if I feel in balance
- Notice how I contact the ground and take each step
- Notice anything that feels "wrong"

- Identify my intention for this walk
- See myself accomplishing my intention
- Tell myself I will accomplish my intention
- Notice and deal with any negative thoughts/feelings in the moment

INTERNAL

Created by: William R. Matthews, MA, LPC, 2022



Mindfulness Walking Prompts

EXTERNAL FOCUS	INTERNAL FOCUS
Now, I am aware that I see	Now, I see/imagine myself
Now, I am aware that I hear	Now, I hear myself
Now, I am aware that I smell	Now, I notice myself thinking
Now, I am aware that I am/can touch	Now, I notice myself feeling/sensing