

When faced with two or more choices - two or more options for using your precious time and energy, mindful examination can help you clarify your motivation.

Whether you are thinking about taking a new job, starting or ending a relationship, embarking on a training program, or physically relocating, the following questions will help you with the decision-making process.

As always, take some time to center yourself before answering the questions, focusing on your breath, with special attention on a full exhale before taking the next breath, scan for and release any muscle tension, then begin (Check out mindfulhub.com for more info on mindfulness basics):

1. Picture yourself embarking on your pursuit. Do you connect with a sense of contentment, or do you feel like you are following the plan that your culture or family has laid out for you? Write a few words about how you feel.
2. Picture yourself embarking on your pursuit. Do you connect with a sense of contentment? Or do you feel more driven by a sense of status or fame? Write a few words about how you feel.
3. Picture yourself one year after embarking on your pursuit. Will supportive and like-minded people surround you? Will you feel at least partially supported and content even if you run into roadblocks?
4. Picture yourself two years after embarking on your pursuit. Are you following your values, even if your pursuit has brought you fame and success, or do you need to adjust your actions? Do you still have a sense of contentment and joy, even if your pursuit did not bring you your exact desired outcome?

These questions are designed to help quiet your ego and connect with your true motivation. Looking for more help with finding your right motivation? **Visit mindfulhub.com.**

We wish you twenty minutes of mindfulness every day!

