

MF3.02 Mindfulness Mission Checklist

Check off all tasks as you complete them. **Please prioritize doing all tasks marked in bold below.**

Links to all handouts, videos, and the full assignment details can be found at BoundlessLoveProject.org/news/mf3c2

DAILY PRACTICES

1. Do the Sympathetic Joy Meditation (5 min)*

2. Do the MF3.02 Intention-Setting Practice (5 min)*

3. Send your celebrations to your gratitude group and practice sympathetic joy when receiving their gratitude messages. (2 min)

4. Track the number of times you give thanks or celebrate others today.*

5. Compassionately notice any mean, negative, cruel, or judgmental thoughts that arise in your mind about yourself -- or parts or aspects of yourself -- and write them down in your journal. You will use these for the next classes' Mindfulness Mission.

* Log these on your Tracking Log.

NOTE: If you miss meditating or intention setting on any days, answer the questions on your Creating a Daily Meditation Practice handout (From Week 1) under the "Problem Solving" heading in your journal. Count that as one investigation.

WEEKLY REPORTS

Please submit your Weekly Report on Monday, at: BoundlessLoveProject.org/weekly-report

DAY 1 (THE FIRST DAY AFTER CLASS)

1. Download class 2 handouts, slogan card, and visual aids. Print the class 2 handouts and slogan card.

2. Skim the Class 2 Intention Setting handout to check the appropriate check-boxes and personalize it appropriately. (5 min).

3. Print, cut out, and hang the sympathetic joy slogans in high visibility areas where you live and work.

DAY 2

4. Order your free copy of the book, Peace Pilgrim: Her Life and Work in Her Own Words. Or download a free audio or a digital version of it. You can do all of this at:

<https://www.peacepilgrim.org/to-receive-free-peace-pilgrim-book>

5. Watch Barbara Fredrickson's video on the benefits of love-based meditations (8 min) at:

BoundlessLoveProject.org/news/bf-meditation-benefits

DAY 3

6. Read What to Be Mindful Of -- an intro to 4 liberating insights, 4 kinds of love, and 6 falsehoods (12 min) at:

BoundlessLoveProject.org/what-to-be-mindful-of

DAY 4

7. Read The Four Kinds of Love at:

<https://www.boundlessloveproject.org/news/4love>

DAY 5

8. Read How to Mindfully Listen and Reflect for More Connection, Love, and Wellbeing (13 min) at:

BoundlessLoveProject.org/news/listener

DAY 6

8. Read What is the Beloved Community? (7 min) at:

BoundlessLoveProject.org/beloved-community

Here already? Congrats on Completing Your Mindfulness Mission!



Boundless Love Project

*Creating a Global Beloved
Community Where All Life Thrives*

BoundlessLoveProject.org

Intention Setting for MF3.02: The Four Kinds of Love & Our Road Maps to Love and Wisdom

I choose to thrive (1)

If it serves you, address the Higher Power of your understanding on the blank line below. For example, “Dear Great Spirit,” “Dear God,” etc.

May the forces of Truth, Light, and Love guide me away from the darkness and into the light.

May I mindfully notice what contributes to my wellbeing and the wellbeing of others. May I take advantage of the resources, support, and wisdom available to me. May I apply this knowledge, and use these resources, so that I, and all life, may thrive.

** Mindful pause **

I choose to meditate (2)

Out of love for myself and all life, I will give meditation an honest try, by meditating for 5 or more minutes a day, for the duration of the course.

Through meditation, I aim to learn the felt and experiential difference between:

- relating with mindfulness and concentration, verses relating with ordinary consciousness.
- relating with allowance, verses relating with craving and aversion.
- relating with detached awareness (or disidentification), verses relating with identification (or self-view).

Wisdom teachers say that learning to distinguish these states of mind, will:

- help me relate with more mindfulness, allowance, and detached awareness.
- help me reduce and eliminate my suffering.
- help me relate from the four relational pleasures of love: kindness, compassion, joy, and peace.
- and help me become the master of my thoughts, emotions, and behaviors.

By giving meditation a fair trial, I aim to see if this is true in my own experience.

** Mindful pause **



I choose an attitude of gratitude (2)

I could focus on what's negative, but I choose to notice what's good, wonderful, and supportive so I can experience more (abundance, resilience, joy, connection, and wisdom).

To support my gratitude practice, I will:

- message my gratitude partners every day.
- and give thanks (*appreciative joy*) and celebrate the success, skillfulness, and joy of others (*sympathetic joy*)

(15) _____ or more times a day.

** Mindful pause **

If you have given thanks and celebrated the successes of others 15 or more times a day, for the past three days, then you're done for today! Give thanks, celebrate with your

celebratory move, and note that you completed this practice in your tracking log.

If you have not given thanks and celebrated the joy of others 15 or more times a day, for the past three days, then keep reading.

When I will give thanks and celebrate others (1)

To give thanks and celebrate others

(15) _____ or more times each day, I intend to practice sympathetic or appreciative joy: [*check and read all those you plan to do.*]

First thing when I wake up.

Whenever my timer goes off. [*Set your phone or watch timer to chime or vibrate every hour, or at an interval of your choosing. Do your best to offer sympathetic or appreciative joy **before it chimes**, or at the very least, when it chimes. You can stop using the alarm when you regularly give thanks and celebrate others before the alarm goes off.*]

Before meals.

When I message my gratitude partners.



When I read my gratitude partners' messages.

When I see my slogans.

When I see good qualities and skillful behaviors in someone.

When someone is happy and joyful.

When someone has achieved or accomplished something.

When being skillful.

Before, during, or after socializing with family or friends.

When smelling, tasting, hearing, or seeing something delightful.

When starting a task.

Before going to bed at night.

While doing a task.

Whenever else I remember to.

After finishing a task.

** Mindful Pause **

When celebrating victories, be they small, medium, or large.

You're done for today! Give thanks and celebrate with your celebratory move.

Now mark in your log that you completed this activity. Great job!

Your success will be tied to your kind, patient, and joyful effort, and I am rooting for you!

