



*The Art of  
Mindful  
Intelligence*  
**A Workbook**

By: Dawn Heimer, PhD

*The Art  
of Mindful  
Intelligence*

A WORKBOOK

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*"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."*

- Viktor E. Frankl

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Dawn Heimer, Leadership Coach

# *Introduction*

## SHAPE YOUR FUTURE: UNLOCK THE POWER OF MINDFUL INTELLIGENCE

**T**here was a moment not too long ago when a leader faced an unforeseen crisis that could have unraveled years of hard work. Amidst the chaos, instead of succumbing to the pressure, they took a deep breath, centered themselves, and navigated the situation with a clarity and compassion that surprised even their seasoned team. This wasn't magic. It was mindful intelligence in action—a testament to the profound impact mindfulness can have in high-stress moments.

So, what exactly is Mindful Intelligence? Think of mindfulness, self-awareness, empathy, and emotional regulation skills, all working in concert. It's about being present and engaged, understanding your emotions and those of others, and managing your responses accordingly. In today's fast-paced world, where we are often expected to make split-second decisions that can have lasting impacts, mindful intelligence is more than just a nice-to-have; it's a necessity.

## DAWN HEIMER, PHD

Whether you're at the helm of a corporation, leading a small team, or steering the ship of your own life, this workbook is your companion. It's designed to weave mindful intelligence into your daily routines through simple, actionable exercises. There's no need for prior experience with mindfulness. All you need is an open mind and a willingness to explore.

You'll find self-assessment tools to gauge your progress and customizable mindfulness plans. The goal? To arm you with the tools to manage stress effectively, communicate with greater empathy, and lead with a mindful presence that inspires those around you. By engaging with this workbook, you're taking a step towards becoming a better leader and a more fulfilled individual. The true value of this guide lies in your commitment to practicing these principles and exercises and integrating them into your daily life.

Let this be your inspiration to unlock the full potential of mindful intelligence. Remember, every one of us can bring about positive change—in our lives, in those around us, and in the lives of those we lead. So, let's embark on this journey with an open heart and a curious mind, ready to transform how we lead and live.

Welcome to "The Art of Mindful Intelligence: A Workbook." Together, we will unlock the power of mindful intelligence and revolutionize the way you lead and live!



# Chapter 1

## DECODING MINDFUL INTELLIGENCE: TOOLS FOR SMARTER LIVING

**M**indfulness, the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis, enhances the core components of emotional intelligence: self-awareness, self-regulation, motivation, empathy, and social skills. Mindfulness practices help you become more aware of your thoughts, feelings, and experiences without judging them. By practicing mindfulness regularly, you'll lead a more insightful and connected life.

### **Stress Less, Live More: Mindfulness Practices Lead to a Healthier, Happier You**

Mindfulness is closely connected to stress reduction. Practicing mindfulness helps relieve stress and improves how we handle tough situations by increasing our awareness of the present moment, reducing negative thoughts, and

improving emotional control. This helps us respond to stress more effectively, enhancing our overall well-being and mental health. Let's look at the specifics:

### **Present-Centered Awareness**

Mindfulness activities promote a focus on the present moment, helping us disengage from worries about the future or ruminations about the past, which are common sources of stress. By cultivating present-centered awareness, we can more fully engage with our current experience, reducing the impact of stressors.

Focusing on the here and now also allows us to savor life's pleasures more deeply and notice the beauty in everyday moments, contributing to our sense of contentment and gratitude. Mindfulness strengthens self-awareness by encouraging us to observe our thoughts and feelings without judgment. This practice allows for a deeper understanding of our emotional patterns, triggers, and reactions, laying the groundwork for emotional intelligence.

### **Less Rumination and Negative Thought Patterns**

Mindfulness practice encourages a non-judgmental observation of thoughts and feelings, allowing us to redirect negative or ruminative thought patterns. This shift in perspective can decrease the intensity and frequency of stress-inducing thoughts.

### **Enhanced Emotional Regulation**

Mindfulness enhances emotional intelligence, including the ability to regulate our emotional responses to stress. By becoming more aware of our emotional triggers and reactions, we can learn to respond to stressors more calmly and effectively than impulsively. Mindfulness teaches us to pause before reacting, providing the space to choose responses that are in line with our values rather than being driven by emotional impulses.

### **Improved Reaction to Challenging Situations**

Mindfulness training fosters resilience, equipping us with the skills to face challenging situations with a greater sense of calm and acceptance. This reduces the immediate physiological and psychological effects of stress and promotes a more reflective and less reactive approach to problem-solving. Mindful intelligence helps to manage stress, anxiety, and negative emotions, promoting emotional resilience. This increased capacity to cope with life's ups and downs prevents negative emotional states from overshadowing our overall perspective on life.

### **Fostering Meaningful Connections**

Mindfulness improves our ability to form deep, meaningful connections with others by enhancing empathy, active listening, and compassion. Relationships enriched with these qualities tend to be more satisfying and supportive, contributing significantly to overall life satisfaction. Mindfulness enhances empathy by allowing us to be present with others, fostering a deep sense of connection and understanding. By being fully attentive in interactions, we can better perceive and empathize with others' emotions.

### **Encouraging Personal Growth**

Through non-judgmental awareness of oneself and one's experiences, mindfulness helps us connect with our inner values and intentions. This drives us towards our goals with a clear sense of purpose and fulfillment. Individuals who engage in mindful reflection often report a clearer understanding of their values, goals, and passions, which aligns their actions with their personal sense of purpose and fulfillment.

### **Contributing to Holistic Well-Being**

In addition to less stress, mindfulness practices are also associated with improved sleep and enhanced immune function. The holistic improvement in well-being supports a more active, engaged, and satisfying life.

## **Mindfulness in Motion: Elevate Your Decision-Making**

Mindful Intelligence helps us make decisions thoughtfully and compassionately, transforming our choice-making process. It ensures our decisions align with our values and considers everyone's well-being, leading to more meaningful and impactful outcomes. Here's how:

### **Mindfulness and Emotional Clarity in Decision-Making**

Mindfulness enhances emotional clarity by helping us recognize and understand our emotional responses without immediately acting on them. This is crucial for emotional intelligence, which relies on the ability to accurately identify our emotions to guide our thinking and actions.

### **Improved Self-Regulation and Reflection**

The practice of mindfulness encourages a pause between stimulus and response, allowing for greater self-regulation. This pause provides space for reflection so we can consider other perspectives and outcomes before making a decision. Emotional intelligence allows us to understand better how emotions influence thinking and decision-making.

### **Enhancing Empathy and Compassion in Decision-Making**

Mindful intelligence cultivates empathy and compassion, which are vital for decisions that consider and respect the feelings and well-being of others. By understanding the impacts of our decisions on others, we are more likely to choose options that are beneficial for all parties involved.

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### **Reducing Bias and Enhancing Objectivity**

Mindfulness promotes an attitude of openness and curiosity. Emotional intelligence complements this by providing the tools to assess our emotions and their influence on our thoughts and judgments, leading to more objective and balanced decisions.

## *Chapter 2*

### MEASURING MINDFULNESS: TOOLS TO TRACK YOUR GROWTH & GO FROM INSIGHT TO ACTION

**T**hese self-assessment tools are starting points for evaluating, reflecting on, and reinforcing your mindful intelligence journey. They help you track progress in cultivating mindful intelligence and can offer insights into areas of strength and opportunities for growth. So, it is helpful to take this quiz before starting the exercises in this workbook.

## **Empower Your Practice: Mindfulness Awareness Self-Assessment**

**Description:** This checklist helps gauge your level of mindfulness in daily life. The goal is to increase awareness of your present experiences and decrease automatic, mindless reactions.

**Circle the option that most closely matches your behavior.**

1. I find myself preoccupied with the past or the future:

Rarely   Sometimes   Often   Always

2. I eat meals without really tasting the food:

Rarely   Sometimes   Often   Always

3. I react to situations with strong emotions without pausing to reflect:

Rarely   Sometimes   Often   Always

4. I listen to someone speaking while planning what I am going to say next:

Rarely   Sometimes   Often   Always

5. I engage in daily activities (e.g., showering, commuting) without really paying attention to what I'm doing:

Rarely   Sometimes   Often   Always

6. I notice subtle feelings within my body (e.g., tension, fatigue):

Rarely   Sometimes   Often   Always

7. I observe my thoughts without getting caught up in them:

Rarely Sometimes Often Always

## **Mapping Your Emotional Landscape: Emotional Intelligence Self-Assessment**

**Description:** This quiz measures aspects of emotional intelligence, including self-awareness, self-regulation, motivation, empathy, and social skills, which are crucial components of mindful intelligence. "Often" or "Always" indicates higher emotional intelligence.

**Circle the option that most closely matches your behavior.**

1. I can accurately identify my emotions as I experience them:

Rarely Sometimes Often Always

2. I can manage my emotions effectively, especially in stressful situations:

Rarely Sometimes Often Always

3. I am motivated by inner values rather than external rewards:

Rarely Sometimes Often Always

4. I can easily put myself in others' shoes and understand their feelings:

Rarely Sometimes Often Always

5. I maintain good relationships and communicate clearly and effectively:

Rarely Sometimes Often Always



## **Elevate Your Awareness: Track Your Mindful Intelligence Evolution**

**Description:** This tool is designed for reflective practice, helping you track your progress in specific areas of mindful intelligence over time.

### **Week 1 Reflection:**

Instances of mindful awareness in daily activities:

Challenges faced in maintaining mindfulness:

**Week 1 Reflection continued:**

Emotional intelligence insights (moments of high/low self-awareness, regulation):

Next week's focus for improvement:

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### **Week 4 Reflection:**

Notable improvements in mindfulness and emotional intelligence:

Areas still challenging or needing focus:

Goals for the next month:

## Chapter 3

# ELEVATE EVERY DAY: ESSENTIAL DAILY PRACTICES FOR MINDFUL LIVING

**D**iscover how self-awareness through mindful practices transforms your emotions, thoughts, and social connections to elevate your life. Integrating these mindful practices into your daily routine is not just beneficial—it's revolutionary. Prepare to be inspired as you dive into them and witness the joy they bring to your day!

### **Mindful Morning Routine**

Start your day with a simple but powerful practice: Before getting out of bed, take a few deep breaths. Notice the sensation of the breath entering and leaving your nostrils. Observe the softness of your bedding and the warmth of your body. Silently set an intention for the day, such as “Today, I will be patient and kind to myself and others.” Visualize embodying this intention in various situations throughout your day.

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### **Mindful Eating**

Choose one meal to eat mindfully. Start by looking at your food and noticing the colors and textures. Before eating, express gratitude for the meal. Take small bites, putting down your utensil between each bite. Chew slowly, savoring the flavors and textures. Notice the aroma and the taste on different parts of your tongue. As you eat, bring your focus back to the experience whenever your mind wanders.

### **Mindful Walking**

Find a quiet place to walk, even if it's just back and forth in a room or down a hallway. Begin walking at a slower pace than usual. Focus on the sensation of your feet touching the ground, the movement of your legs, and the shifting of your weight. Observe any sounds or sights around you without attaching to them. When your mind wanders, gently redirect your attention back to the act of walking.

### **Mindful Breathing Breaks**

Set a timer for three to five minutes. Sit in a comfortable position with your back straight and hands resting on your lap. Close your eyes or lower your gaze. Focus on your breath, noticing how the air feels cooler as you inhale and warmer as you exhale. When thoughts arise, acknowledge them without judgment and return your focus to your breath. Use this technique to center yourself throughout the day, especially during moments of stress.

### **Mindful Work**

Begin by clearing your workspace and removing unnecessary items and distractions. Choose a single task to focus on. Set a timer for a period of focused work, typically 25 minutes. During this time, devote your full attention to the task, resisting the urge to check emails or social media. If your mind wanders,

note what distracted you and gently return to your work. Take a five-minute break after the timer goes off to stretch, or do a quick mindful breathing exercise before continuing.

### **Mindful Listening**

During conversations, focus entirely on the speaker. Observe their words, tone, and body language. Notice any urge to interrupt or think about your response while they are speaking, and instead, gently bring your attention back to listening. Aim to understand not just the words but the feelings behind them. After they finish talking, take a moment to reflect on what was said before responding.

### **Mindful Listening to Music**

Choose an unfamiliar piece of music, avoiding songs with lyrics to prevent distraction. Find a comfortable, quiet space where you can sit or lie down undisturbed. Close your eyes and allow the music to play, directing your focus to different elements—first, the melody, then the harmony, and finally, the individual instruments. Notice the emotions and bodily sensations that emerge as you listen. If your attention drifts, gently redirect it to the music.

### **Mindful Observation of Nature**

Seek out a natural setting, like a garden or park, and select an element of nature to focus on, such as a tree, flower, or cloud. Spend time observing it in detail—its colors, textures, movements, and how it interacts with its environment. Approach this observation with a beginner's mind, as if seeing it for the first time, fostering curiosity.

### **Body Scan Meditation**

Lie down in a quiet, comfortable space. Close your eyes and take deep breaths to relax. Starting from your toes, gently shift your attention through your

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body, part by part, up to your head. Notice any sensations—pain, warmth, tension—without attempting to alter them. If you encounter tense areas, acknowledge them and see if they relax slightly with your breath. The scan should take 20-30 minutes.

### **Loving-Kindness Meditation (Metta Bhavana)**

Sit in a quiet, comfortable place. Begin by directing loving-kindness towards yourself with phrases like “May I be happy, may I be healthy, may I be safe, may I live with ease.” Feel these intentions. Gradually extend these wishes to others—loved ones, acquaintances, those you have difficulty with, and eventually all beings.

### **Mindful Breathing During Transitions**

In moments between activities, like finishing work and starting a break, pause for mindful breathing. Sit or stand still, focus on your breath, and observe the sensations of inhaling and exhaling. This brief pause helps ground you in the present, creating a mental space between different parts of your day.

### **Mindful Consumption**

Before making a purchase or consuming media, pause to reflect. Ask yourself: “Do I need this? How does this align with my values? Is this a response to an underlying need or emotion?” Consider the impact of your choice on well-being and the environment, encouraging mindful decision-making.

### **Walking Meditation**

Find a quiet path for walking meditation. Walk slowly, placing your entire focus on the act of walking—notice the lifting, moving, and placing of each foot. Be fully present with each step, feeling the earth beneath your feet. Redirect your attention to walking whenever your mind wanders.

**Zazen (Zen Meditation)**

Sit on a cushion or chair, maintaining an upright posture. Eyes should be open but softly focused a few feet ahead. Breathe naturally through the nose and either focus on the breath or maintain a gentle awareness of your surroundings. Zazen emphasizes being present without attachment to thoughts.

**Evening Reflection**

Before going to bed, spend a few minutes reflecting on your day. Sit comfortably and take a few deep breaths to center yourself. Recall moments from your day, both when you were present and when your mind was elsewhere. Acknowledge these without judgment. Consider what you learned from today's experiences and how you might apply these insights tomorrow. End with a moment of gratitude for the day's experiences.



## **Write Your Way to Wisdom: Powerful Prompts for Mindful Journaling**

Journaling is a great way to better understand mindful intelligence and improve your mindfulness practice. Writing prompts that encourage reflection can help you become more self-aware, which is key to living mindfully. Below are some mindfulness journaling prompts and resources for further learning:

### **Present Moment Awareness**

**Prompt:** "What are three things I can see, hear, and feel right now? How does acknowledging these sensations affect my current state of mind?"

### **Mindful Reflection on Daily Activities**

**Prompt:** "Reflect on a routine activity you did today (e.g., brushing your teeth, eating lunch). Did you do it mindfully? What did you notice about this experience that you usually overlook?"

### **Emotional Awareness**

**Prompt:** "What emotion was most present for me today? Did I allow myself to feel it fully, or did I push it away? What can this emotion teach me?"

### **Gratitude and Mindfulness**

**Prompt:** "List five things I am grateful for today. How does focusing on gratitude impact my mood and outlook?"

### **Mindful Listening**

**Prompt:** "Think of a conversation you had today. Were you fully present? How did mindful (or unmindful) listening affect the interaction and your connection with the other person?"

### **Intention Setting**

**Prompt:** "What is my intention for tomorrow? How can I remind myself of this intention throughout the day?"

### **Challenges and Mindful Responses**

**Prompt:** "Recall a challenge I faced recently. How did I respond to it? Reflecting on it now, how could I have applied mindful intelligence to navigate the situation more effectively?"

### **Reflections on Non-Judgment**

**Prompt:** "Identify a moment today when I judged myself or someone else. What triggered this judgment, and how did it make me feel? How can I approach similar situations with non-judgment in the future?"

### **Mindful Intelligence in Relationships**

**Prompt:** "Consider a significant relationship in my life. How does mindful intelligence (or a lack thereof) play a role in this relationship? What steps can I take to be more present and compassionate in this relationship?"

# Chapter 4

## CRAFTING YOUR FUTURE: A MINDFULNESS VISION STATEMENT TEMPLATE

**T**his template is your guide to crafting a Mindfulness Vision Statement and applying mindfulness practices that integrate into your daily life and align with your long-term goals. It is flexible to accommodate your needs and lifestyle. As you evolve and deepen your understanding through practice, refine your plan. Remember, the very act of planning, monitoring, and reflecting is a form of mindfulness in itself, enhancing self-awareness and fostering a life lived with intention.

### **How to Write a Powerful Mindfulness Vision Statement**

Crafting a vision statement to weave mindfulness into your life requires deep reflection on your values, goals, and aspirations. Follow these steps to develop a powerful and meaningful vision statement:

## **Personal Mindfulness Vision**

**Reflect on Your Values:** What does mindfulness mean to you, and why is it important? Identify what truly matters to you. Then, reflect on your core values and the principles that you want to guide your life. Consider areas like personal growth, health, relationships, and career.

**Identify Your Goals:** What do you hope to achieve by incorporating mindfulness into your life (e.g., reducing stress, improving relationships, fostering self-awareness)? Imagine your life as you would want it to be.

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**Consider Your Aspirations:** How do you want mindfulness to impact your life, work, relationships, health, or personal development? Imagine your life fully infused with mindfulness. What does this life look like? How do you feel in this envisioned state? Visualizing helps create a more concrete idea of what you're aiming for.

**Clarify Your Intentions:** What do you hope to experience or create through your practice of mindfulness? Be specific about the outcomes you desire.

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**Craft Your Vision Statement:** Based on your reflections, distill your vision into a brief, concise statement. Your vision statement should capture the essence of your aspirations. Make it inspirational! It should resonate with you on a deep level and evoke a sense of purpose and commitment. It should serve as a reminder of what you aim to achieve and why.

**Review and Revise:** Regularly revisit and refine your vision statement to ensure it continues to resonate with your thoughts and feelings. Embrace the process of revision as you gain clarity and deeper insights. Enhance your statement by incorporating specific goals and milestones, such as daily meditation, mindful eating, or consistent reflective journaling. Adding precise elements not only allows you to track progress but also brings your vision to life with tangible targets.



## **Seal Your Promise: Making Your Mindfulness Vision Statement a Reality**

Once you're satisfied with your Vision Statement, finalize it. Surround yourself with reminders—in your home, at your workspace, within a journal, on vibrant post-it notes, or visually striking vision boards. You can even set digital reminders to reinforce your commitment to mindfulness.

Integrate your vision for mindfulness into your daily life. Plan specific daily, weekly, and monthly actions using the Mindful Intelligence Plan template in Chapter 5 to turn your vision into reality. Establish clear timelines and priorities for each step, and commit to regular practice; consistency is the cornerstone of mindfulness. Align your actions with your vision statement to make meaningful progress.

Share your vision with trusted friends or mentors who understand and support your mindfulness objectives. Their support, accountability, and feedback will be invaluable as you advance. Celebrate every milestone along the way, not only to reaffirm your commitment but also to boost your morale and inspire continued effort.

Be prepared for your vision to evolve as you grow and learn more about yourself. Stay flexible in your approach and patient with your progress. Mindfulness is as much about the journey as the destination. Regularly assess how well your life aligns with your vision, making necessary adjustments to stay true to your evolving goals and insights. Your vision statement should serve as a guidepost to

keep you focused and motivated on your journey toward greater mindfulness and well-being. Are you living in alignment with your goals? If not, what adjustments need to be made to keep you on track or to reflect new insights and circumstances?

As you bring your Mindfulness Vision Statement to life, remember that this path is not just about achieving a set of goals but about deepening your connection with yourself and the world around you. Your Vision Statement is a living document, a reflection of your highest aspirations and deepest values, guiding you through the ebbs and flows of life. Embrace the daily practice of mindfulness with enthusiasm and dedication. Let each day be an opportunity to reinforce your commitment to this vision. As you integrate mindfulness into your daily routine, you'll notice subtle yet profound shifts in your awareness, emotional resilience, and overall well-being. Most importantly, be adaptable and patient with yourself. Your vision will naturally evolve as you grow and learn. This flexibility is not a sign of failure but of true mindfulness in action—responding to the present moment with awareness and compassion. By committing to your Mindfulness Vision Statement, you are not just setting intentions but actively crafting a life of meaning and impact, taking time to savor the beauty of the journey.

# *Chapter 5*

## SETTING THE STAGE FOR SUCCESS: YOUR MINDFUL INTELLIGENCE PLAN

**T**his chapter introduces a Mindful Intelligence Plan Template, allowing you to map out the mindfulness goals from your Vision Statement. Here, you'll find dedicated space to document your goals, reflect on your progress, and make adjustments to tackle challenges and enhance your mindfulness practice. Additionally, the Monthly Review section is a pivotal tool for tracking your achievements, challenges, and insights gained along the way. This structured framework reinforces the mindfulness habits you aim to cultivate, creating a journey with intention.

## **Mindfulness Goals**

### **Short-Term Goals (Next 4 weeks):**

1.

2.

3.

4.

Example: Practice mindful breathing for 5 minutes daily, engage in mindful walking twice a week.

## **Mindfulness Goals**

### **Long-Term Goals (3-6 months ahead):**

1.

2.

3.

4.

Example: Incorporate mindfulness practices into more of my routine activities.  
Attend a mindfulness retreat or workshop.

## **Weekly Mindfulness Plan**

### **Week of:**

**Morning Routine:** Specify mindfulness exercises for the morning (e.g., mindful meditation, setting intentions).

1.

2.

3.

4.

## **Weekly Mindfulness Plan**

**Week of:**

**Daytime Activities:** Identify opportunities for mindfulness during the day (e.g., mindful eating, mindful listening in conversations).

1.

2.

3.

4.

## **Weekly Mindfulness Plan**

### **Week of:**

**Evening Routine:** Plan for mindfulness practices before bed (e.g., gratitude journaling, body scan meditation).

1.

2.

3.

4.



## Monthly Review

**Month of:**

**Achievements:** Highlight successes and progress made toward your goals.

1.

2.

3.

4.

## Monthly Review

**Month of:**

**Challenges:** Discuss any difficulties encountered and lessons learned.

1.

2.

3.

4.

## Monthly Review

### Month of:

**Next Steps:** Set objectives for the upcoming month, adjusting goals as necessary.

1.

2.

3.

4.

## **Mindfulness Practice Log**

### **Date & Type of Practice:**

**Reflections:** Note observations, feelings, challenges, and insights from your mindfulness practice.

1.

2.

3.

4.

## **Mindfulness Practice Log**

### **Date & Type of Practice:**

**Adjustments:** Identify any needed adjustments to enhance your practice or overcome obstacles.

1.

2.

3.

4.

## Chapter 6

### BEYOND THE BOOK: NURTURING YOUR MINDFUL INTELLIGENCE

I hope the practices within these pages inspire you to continue to explore, learn, and transform. Cultivating mindful intelligence takes practice and dedication. Embrace this journey with curiosity, patience, and an open heart, knowing that each moment of mindfulness adds depth to your intelligence and presence.

As you continue your journey:

1. Observe the subtle yet significant shifts in your interactions, decision-making processes, and command of your emotions.
2. Witness the unfolding of mindful intelligence as a force for positive change within and around you.
3. Share the richness of your learnings and experiences with others.

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4. Foster a community of support around mindfulness practices to amplify their benefits and reach. In teaching, we learn; in sharing, we grow.
5. Believe in your capacity to instigate meaningful, positive change in your life and the lives of those around you through the diligent practice of mindful intelligence.

May you find peace in presence, wisdom in reflection, and joy in connection!

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# *About the Author*

## DAWN HEIMER, LEADERSHIP COACH

### **Background**

Transitioning from a career in top leadership roles at some of the world's largest healthcare companies, Dawn carries a wealth of real-world experience. Her professional journey is defined by her enthusiasm for nurturing talent and guiding individuals toward their full potential. This includes leading and developing global teams, planning and executing functional staffing integrations post-mergers and acquisitions, and spearheading organizational growth and development in fast-paced, highly regulated, and detail-oriented fields.

### **Passion And Core Values**

With a passion for leadership development and a commitment to excellence, Dawn has become a trusted advisor and coach. Her core values are Generating Enthusiasm for Change, Taking Action, and Getting Results. As a recent

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graduate of an International Coaching Federation (ICF)-Certified PCC Level coaching program, Dawn is equipped with contemporary methodologies and a deep understanding of what drives personal transformation.

### **Strengths**

Dawn excels in high-stakes, high-stress scenarios, understands the challenges of analytical thinkers and has experience working with leaders who feel marginalized. Having navigated a demanding and high-pressure career in healthcare and biotechnology, Dawn has developed an acute insight into the intricacies of effective leadership and human dynamics.

### **Coaching Philosophy**

As a coach, Dawn believes in the power of the individual to transform themselves and adopts a personalized approach, focusing on each leader's unique opportunities, desires, and whole self. She guides leaders to uncover the enthusiasm and momentum to do their best work without setting limits on their growth and success. She is committed to creating a safe, open, collaborative coaching environment where leaders feel empowered to explore, learn, and evolve.

### **Qualifications**

A lifelong learner, Dawn holds a PhD in Behavioral Genetics from the University of Connecticut and is proud to be a recent ICF-certified PCC Level Program graduate. Her blend of practical leadership experience, including in the board room with executives and formal coaching education, forms a solid foundation for her coaching practice.

## THE ART OF MINDFUL INTELLIGENCE

### **Focused Experience:**

- Dawn has 19 years of experience in individual career development, team leadership, staffing integration, coaching, and mentoring.
- Organizational & Leadership Development
- Cross-Functional Team Leadership
- Intercultural Communication

Linkedin

Dawn is proud to be a Pro Bono Transformation Coach for the CrowdDoing Coaching Collective