



## **Week Homework activity – The neuroscience of mindfulness**

### Part 1 – Relationship booster – Have a mindful conversation with someone

Full attention is a gift. Think how it feels when someone listens to you, really gives you their full attention. Choose someone to give your full attention to while having a conversation. Refrain from speaking or leading the conversation; stick for the most part with asking clarifying questions to more deeply understand where they are coming from. You can always say, “Tell me more about \_\_\_\_\_...” or ask, “What does this mean to you?” (as in what is the importance of this to you.)

### Part 2 – Compassion booster – Wishing people around you well

Imagine if every time you encounter someone your habitual first instinct is to say to yourself, “I wish for this person to be happy.” Imagine the impact that would have? Experiencing sincere goodwill is contagious. It creates the kind of trust that leads to good collaboration and more goodwill and happiness. It help people feel safe.

So borrowing a page from this week’s loving kindness meditation recording that extends a series of well wishes first to yourself, then to someone you feel friendly toward, then to someone you don’t feel friendly toward and then finally to all living beings, say, “I wish for your to be happy,” you encounter during a specified period of time:

You designate the specified period of time. Maybe it’s everyone you encounter when you walk in the door to work one day. Maybe when you are on a zoom call. Maybe when you dash into the grocery store. Feel free to designate more than one period of time.