

## Transcript

### *Pre Module :* **HOW TO USE THE COURSE**

Hello and welcome to Mindfulness Made Easy with me, Rachael Kable. In this video I'm going to explain how to use this course so you can really get the most out of it.

It's important to remember that learning about mindfulness and incorporating it into your life does take a little bit of effort. Yes, it can be a simple practice and it might be pleasant or enjoyable, but you still need to put in the effort and time consistently if you want to see results.

Within Mindfulness Made Easy I've included 4 key components, which can all be important if you want to implement mindfulness into your own life and start seeing real results.

First of all there's The Mindfulness Made Easy Course itself. This will give you the knowledge and understanding of mindfulness so you can incorporate it effectively into your life. As you work your way through each module, you'll gain the confidence and practical skills so you can understand mindfulness and practice it yourself. Be sure to download the Mindfulness Made Easy workbook so you can get the most out of this course, by reflecting, and creating a helpful resource you can refer back to. I recommend you print out the Mindfulness Made Easy workbook and keep it nearby, or you can download the editable PDF version on your computer, save it somewhere safe, and complete it by typing your answers into the boxes.

The second key component is the 555 Mindfulness Strategy. I knew it wouldn't be enough to just give you the knowledge without giving you a clear way to put into practice. The 555 Strategy helps you implement mindfulness through accountability and consistency allowing you to implement the skills you'll be learning this course.

# Mindfulness

MADE EASY

In the next video I explain exactly how to use the 555 strategy so you can truly level up with mindfulness. I loved creating the 555 strategy and I know it can have a really positive impact in your life when you do your best to stick to it.

So through the Mindfulness Made Easy Modules and workbook you'll get all the knowledge and understanding you need, through the 555 Mindfulness Strategy you'll get the Implementation and Accountability to implement mindfulness into your life, And so the third key component I've included will give you guidance and reassurance, and this is via my monthly Q and A sessions. I know that mindfulness can feel different for different people and so I created these q n A sessions so I can be there for you to reassure you that you're on the right track. Or you might want to ask me how I dealt with certain challenges and how you can apply that to your own journey with mindfulness.

Ok, so I knew there would be one more thing you might need to help you on your mindfulness journey. And that's a like-minded community and support. So, I've also created an exclusive Facebook Group called The Mindful Kind School where you'll find an incredible community of encouraging, thoughtful, compassionate, and wonderful people. And I'll be there, too, so I can cheer you on, share helpful reminders for you to implement mindfulness, jump on live to say hello, and so much more. It's an amazing way to connect and find support so you can maintain your motivation to practice mindfulness, continue learning, and have plenty of fun along the way.

So those are the four key components to really get the most out of your mindfulness practice.

The Mindfulness Made Easy Modules and Workbook to give you the knowledge and understanding.

# Mindfulness

MADE EASY

The 555 Mindfulness Strategy to help you implement mindfulness and stay accountable.  
The monthly Q and A's so I can help guide you and give you some reassurance.  
And The Mindful Kind School Facebook group where you'll find a like-minded community to feel supported.

I think one of the most important things you can do for yourself as a student of mindfulness made easy is, try to be self-compassionate. You're learning. You don't need to be perfect. I actually recommend going into this course with an attitude of curiosity and experimentation. Find out what works well for you. Try different things. Observe what challenges you and what you find easy. Don't worry if you miss a mindfulness practice here and there. Just do the best you can.

Please also try to be open-minded with this journey. Some mindfulness techniques might resonate with your more than others, and that's ok. Some might work better for you in different situations.

Good luck and enjoy. I'll see you soon.