

SOCIAL
with a **purpose**

Staying connected,
even while staying
physically apart.

MOTIVATIONAL MINDFULNESS

with Jennifer Todd

Jennifer Todd, founder of Shift Collective speaks about our opportunity during this unprecedented time to choose our response, to choose to grow and to experience the lessons. Jenne speaks about a three-pronged strategy to help us stay positive.

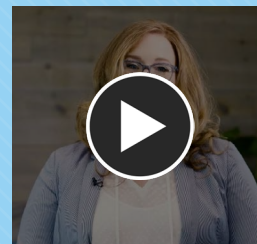
The video, followed by a time to complete the thought-provoking questions in the **Motivational Mindfulness Activity**, will provide you and your guests an opportunity to discover how to lean into this time in our history in a positive way.

As the host, you can present the activity to your guests as an independent activity or you could choose to use the questions as a springboard for an open discussion with your guests.



Watch the full video instructions
by visting:

https://www.youtube.com/watch?v=0inY35K0_0o



Watch the short
version of the
video instructions
by visting:

<https://www.youtube.com/watch?v=CLyG2yzL1-8>

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1. What activity or act of kindness have you observed someone else perform and been inspired to do the same?

2. In what ways do you maintain a positive mindset during difficult times? What advice could you offer to others?

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3. In what instances could you benefit by pausing and responding versus reacting? How would that change the outcome of a given situation for you and others?

4. What five things are you most grateful for in your life? What things have you become grateful for during this global pandemic?

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5. What causes are important to you? How do you think you could help service organizations that support your cause(s)?

6. What is the difference between joy and happiness for you?

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7. In what ways could you give? What special talents could you share? Whose life would you really like to impact and in what way? What would that mean to them and what would that mean to you?
