

# WEEK 8 HANDOUT

EMBRACING MINDFUL  
TACTICAL THINKING



## LEARNING OBJECTIVES

- Reflect on the benefits of mindfulness and tactical thinking gained throughout the course.
- Identify practical techniques to seamlessly integrate mindfulness into daily routines. Develop a sustainable mindfulness practice tailored to personal preferences and challenges. Apply mindful tactical thinking to enhance resilience, performance, and well-being. Commit to a mindful lifestyle by creating a detailed action plan for ongoing practice.

## ACTIVITIES

- Watch supplemental material
- Reflection Assignment: Developing Your Mindful Tactical Plan

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## COVERED TOPICS THIS WEEK

- Reflecting on the benefits of mindfulness and tactical thinking for resilience and performance.
- Exploring practical techniques to integrate mindfulness into daily routines.
- Strategies for building and maintaining a sustainable mindfulness practice.
- Overcoming common barriers to consistency in mindfulness.

## ASSIGNMENTS

### Reflection Assignment: Developing Your Mindful Tactical Plan

This week's assignment is designed to solidify your commitment to embracing mindful tactical thinking as a lifestyle. Over the past weeks, you've explored techniques and strategies for managing stress, improving focus, and fostering resilience. Now, it's time to create a personalized plan to integrate these practices into your daily life.

### Reflect on Your Experience:

Reflect on the techniques and strategies discussed throughout the course and tailor your plan to your preferences, lifestyle, and schedule. Your plan should include:

- **Specific Activities:** Identify the mindfulness techniques (e.g., grounding, breathing exercises, meditation, or the 3x3 method) you will incorporate into your daily routine.
- **Timeframes:** Decide when and how often you will practice these techniques.
- **Reminders:** Set up cues, alarms, or prompts to help you remain consistent with your mindfulness practice.

### Mindfulness Practice: Mindful Walking

#### Mindful Walking

- Take a 5-10 minute walk in a quiet area.
- Focus on the sensation of each step: how your feet feel as they touch the ground and lift again.
- Notice the rhythm of your movement and the connection between your body and the environment.
- Engage your senses: observe the sights, sounds, and smells around you without judgment.
- If your mind starts to wander, gently bring your attention back to the act of walking.

This exercise helps you stay present and creates a sense of calm while engaging in a simple activity.