

WEEK 1 HANDOUT

INTRODUCTION TO MINDFULNESS AND TACTICAL THINKING



LEARNING OBJECTIVES

- Understand the definition and principles of mindfulness
- Discuss the potential benefits of mindfulness for tactical performance
- Reflect on personal experience with mindfulness practice

ACTIVITIES

- Watch supplemental material
- Reflection Assignment: Personal Experience with Mindfulness practice

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COVERED TOPICS THIS WEEK

- Definition of mindfulness Principles of mindfulness
- Introduction to mindfulness and its benefits for tactical professionals. Techniques like the 3x3 method foster focus and awareness in the present moment.
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ASSIGNMENTS

Please view all videos and read all handouts and corresponding material.

Reflection Assignment: Personal Experience with Mindfulness Practice

Please reflect on your personal experience with mindfulness practice and write a paper. In your reflection, consider the following questions:

- Have you ever practiced mindfulness before? If so, what was your experience like?
- If you have not practiced mindfulness before, what are your initial thoughts or feelings about it?
- What do you hope to gain from practicing mindfulness in relation to tactical performance?

Mindfulness Practice: Mindful Breathing

Please practice mindful a form of mindfulness each day this week. Heres an example:

You can do this practice anywhere, but it's recommended to find a quiet place where you can sit or lie down comfortably.

- Find a comfortable position, either sitting or lying down.
- Close your eyes or keep them open with a soft gaze.
- Bring your attention to your breath. Notice the sensation of the breath moving in and out of your body.
- When your mind wanders, gently bring your attention back to your breath.
- Repeat this process.

You can use a timer or meditation app to help you keep track of time.