

# movemindfully

## Inner Resources: Everyday Practices

Embody your Inner Resources by selecting a card (randomly or intentionally) — or two cards to explore how Inner Resources work together.

- **At the beginning of the day** to set an intention. Throughout the day, pause for a mindful moment where you take a slow breath in and out while you acknowledge this part of you with appreciation.
- **Before a challenging task or conversation.** Imagine your Inner Resource whispering its essential messages as you navigate the situation.
- **When you're feeling stress, doubt, overwhelm, or other big emotions,** acknowledge and welcome them in; then feel the support of your Inner Resources, starting with ACCEPTANCE (“I can be here now just as I am. I can be in this moment just as it is.”).
- **On a walk — by yourself or with others.** Invite two or more of your Inner Resources to “walk” with you. Hear the messages they have for you at this time.
- **At the beginning of a staff or team meeting,** invite everyone to draw an Inner Resource card to reinforce the best of who you are in your collaborative work.
- **To connect with a friend, colleague, or family member.** Share your Inner Resource card for the day. If you'd like, include a story about the positive impact it is making in your life.



### ABOUT INNER RESOURCES

**Inner Resources** are the parts of yourself that support your well-being, when experiencing any emotion — including fear, overwhelm, excitement, confusion, anger, or grief. Through compelling images and key messages, discover **26 Inner Resources you already have inside** to navigate the opportunities and challenges of each day with more clarity, motivation, and ease.

With the movemindfully® **Inner Resources Card Deck**, cultivate and integrate: Acceptance, Balance, Courage, Dream, Empathy, Flexible, Gratitude, Hope, Imagination, Joy, Kindness, Love, Mindfulness, NO!, Persistence, Quiet, Resourceful, Self, Trust, Understanding, View, Wonder, eXperience, Yes!, and Zest.

### ABOUT MOVEMINDFULLY

movemindfully® is a training and consulting company that brings the science of mindfulness, movement, and social-emotional learning into simple trauma-responsive practices that are used in educational, therapeutic, corporate, and home environments.