



What word describes how you are doing
... Really?

1



Mindfulness

*Letting our souls
catch up*

 bradley d davidson
CONVERSATIONS THAT INSPIRE.

2

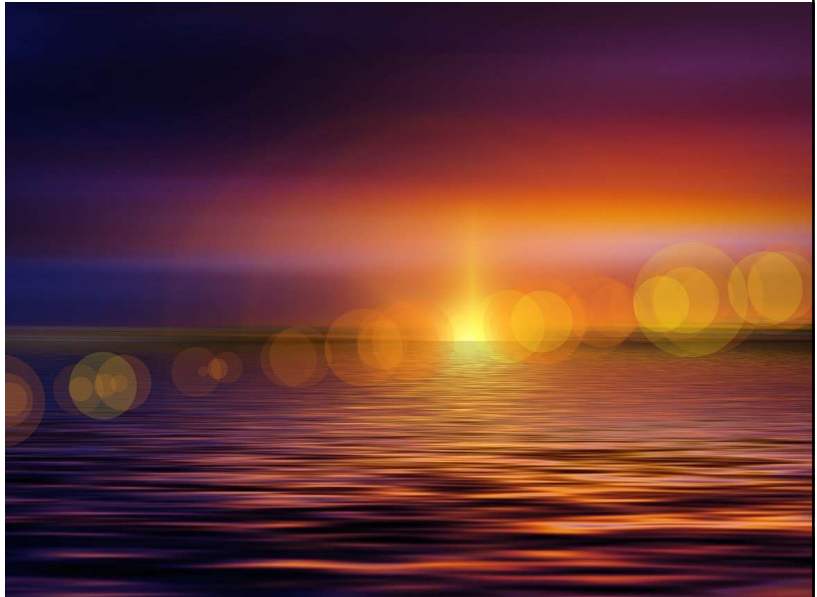
What is mindfulness?

The state of being conscious or aware of something while suspending judgment or emotion.

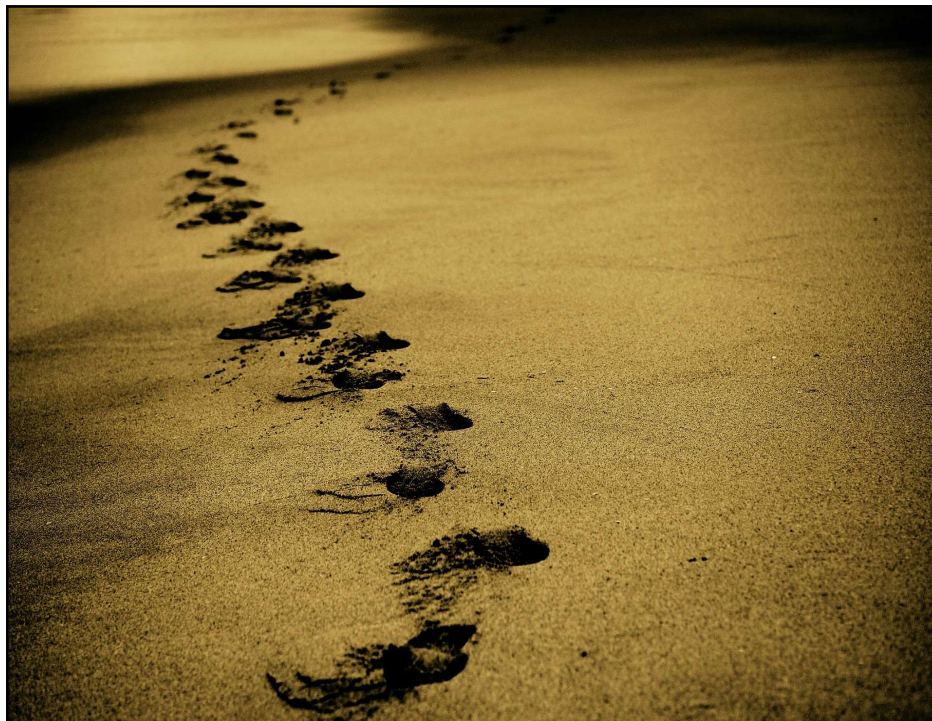
BEING AWARE

BEING INTENTIONAL

BEING OPEN



3



Letting our souls catch up

Centering Prayer

4

How do you practice mindfulness?

5

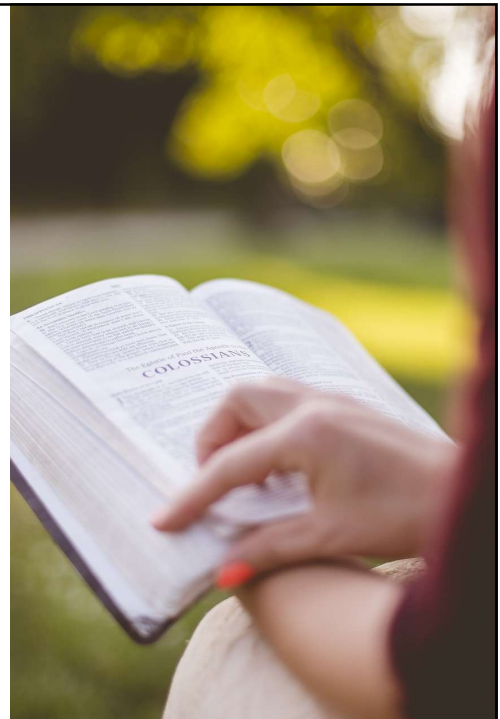
Meditation with word, art, and music

A form of meditation that enables us to sit with sacred texts, art, or music; slowing down, being present with it, savoring it and allowing it to speak to us in new ways.

Lectio Divina – “Divine Reading”

Visio Divina – “Divine Seeing”

Audio Divina – “Divine Hearing”



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1. *Observe (read, see, hear)*
2. *Meditate*
3. *Pray*
4. *Contemplate*



7

Mindful actions



8



Brad's top 5 characteristics of a mindful leader

1. Practices compassionate self-care
2. Is thoughtfully aware of her own thinking and respectful of others'
3. Seeks to be intentional about purpose and mission
4. Is open to the wisdom of others; including the Spirit
5. Embraces clarity over velocity



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An invitation

Visit www.bradleyddavidson.com/johnson

- A list of additional resources
- A copy of this deck to download



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