

WEEK 1 HANDOUT

INTRODUCTION TO MINDFULNESS AND TACTICAL PERFORMANCE

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

- Lecture: Introduction to Mindfulness and Tactical Performance (60 minutes)
- Reading: Chapter 1 - "What is Mindfulness and How Can It Benefit Tactical Performance?" (30 minutes)

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COVERED TOPICS THIS WEEK

- Definition of mindfulness
- Principles of mindfulness
- The connection between mindfulness and tactical performance
- Potential benefits of mindfulness for tactical performance

ASSIGNMENTS

Please read Chapter 1 of the Mindfully Tactical book before the next class.

Reflection Paper: Personal Experience with Mindfulness Practice (due May 22)

Please reflect on your personal experience with mindfulness practice and write a 1-2 page 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?

Your reflection paper should be submitted via email by May 22.

Mindfulness Practice: Mindful Breathing (10 minutes per day)

Please practice mindful breathing for at least 10 minutes each day this week. You can do this practice anywhere, but it's recommended to find a quiet place where you can sit or lie down comfortably.

Instructions for Mindful Breathing:

- 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 for at least 10 minutes.

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

WE WILL DISCUSS OUR EXPERIENCES WITH MINDFULNESS PRACTICE IN THE NEXT CLASS.