



Your Daily Practice

Episode 24

The Inner Game - How to Become a Mindful Athlete of Life with George Mumford

Your mind impacts your performance. How do you become “flow ready” for sport and life? Do you want to employ mindfulness as an athletic superpower to respond more effectively in life? In today’s daily practice, we engage in three practices to strengthen our spiritual superpowers.

3 Practices to Strengthen Our Spiritual Superpowers

1. Mindfulness of Discomfort
 - a. Purposefully put yourself in a physically uncomfortable position.
 - b. Hold a plank and open up to the sensation. Breathe as you hold the pose.
 - c. Or, do an extended exhale. Holding your breath out for as long as possible.
 - d. Just be aware of sensations without making a story or interpretation.
 - e. Do the exercise several times this week and see if the experience shifts with mindful awareness.
2. Know Yourself
 - a. Pay attention to what works for in sport and in life. Keep a journal or notes on your phone to write down insights.
3. Right Effort
 - a. What are the wholesome qualities that you want to bring to your sport?
 - b. Before you practice your activity or sport this week, write down your intention or mantra to guide that practice session.