



Mondays with Mike

AULTCARE

Grindfulness

How about this word! Yes, look at it and say it again ~ Grindfulness.

Scott Mautz, speaker, author, and great friend of AultCare, shares this term in his recent blog post called “10 Lessons from Last Year to Fuel a Brighter 2021”.

“Grindfulness is a combination of gratitude and mindfulness. It’s about finding the joy in the daily grind of life, especially when the sources of joy aren’t obvious, which became the case for many in 2020.

Gratitude alone isn’t enough to sustain positivity because research shows we struggle to express it on a consistent basis, sometimes laboring to find things worthy of showing gratitude for, especially in years like 2020. On the other hand, just being mindful each day of what to be thankful for isn’t enough either; you have to act on your observations.

In the middle is what I call grindfulness, being present in daily life, even details that are merely part of the daily grind, and then expressing appreciation for them in the moment.

For example, noticing how the leaves shimmer on the trees during the trip to the grocery store you don’t feel like taking, or noticing how fast your new computer starts up when beginning your job for the day you don’t feel like doing, and then taking a quiet moment to marvel at it and appreciate it all.

It’s not about passively journaling those moments, it’s about actively living those moments – and building a daily habit of doing so.”

Notice how Scott took us to the beautifully simplistic things that are in front of us every day and making a habit of noticing them and appreciating them with a smile and a nod.

What a great way to beat the opponent we call “the grind” by being “mindful” of those energy boosters that are right in front of us!

Have a great week!

