

Just One Thing Cue Sheet

*The foundation of all [mindfulness] practice is to wish yourself well,
to let your own sorrows and needs and dreams matter to you. —Rick Hanson*

Week 1: Be for Yourself	Ask: Am I on my own side during difficult times?	Remember being with someone who cared for you.	Remember to be strong, energetic, & fierce for yourself.	Be aware of what it feels like in your body to be yourself.	Ask: Being on my own side, what's the best thing to do here?	Do the best thing.
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*Today you are you, that is truer than true.
There is no one alive who is youer than you. —Dr. Seuss*

Week 2: Take in the Good	Look for good facts & positive events.	Turn good facts into good experiences & feel good about it.	Enjoy the good experience (be mindful of it).	Be aware of what it feels like in your body to enjoy the experience.	Sense the good experience sinking into you.	Remember and reflect on the good experience.
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*Compassion is not religious business, it is human business, it is not luxury,
it is essential for our own peace and mental stability, it is essential for human survival. —Dalai Lama XIV*

Week 3: Have Compassion for Yourself	Acknowledge difficulties, challenges & suffering.	Remember being with someone who cared for you.	Imagine that person's expression of compassion for you.	Be open to feeling that compassion.	Imagine feeling compassion for someone.	Extend the same compassion to yourself.
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Breathing in, I calm body and mind. Breathing out, I smile.

Dwelling in the present moment I know this is the only moment. —Thich Nhat Hanh Being Peace

Week 4: Relax	Relax your tongue & jaw, & open your lips (maybe touch lips).	Inhale then exhale long & slowly. Repeat.	Breathe with long inhalation & exhalations.	Breathe with your diaphragm.	Do these breaths in stressful situations.	Do these breaths in settled times.
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*Every tree, every growing thing as it grows,
says this truth: You harvest what you sow. —Rumi*

Week 5: See the Good in Yourself	Pick one good characteristic about yourself.	Be aware of the experience of your good characteristic.	Remember that you have that good quality.	Notice signs of the good quality & feel it when you find it.	Notice difficulties accepting your good quality.	Be open to the good other people see in you.
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*Mindfulness is a way of paying attention that is:
Intentional, in the present moment, non-judgmental. —Jon Kabat-Zinn*

Week 6: Slow Down	Do several things slower.	Take a slow, deep breath a few times each day.	Ease off the gas pedal.	When a phone rings, imagine a bell reminding you to breathe slowly.	Resist pressure of others to get things done sooner.	Look for good during difficult moments.
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Forgiveness is the giving, and so the receiving of life. —George MacDonald

Week 7: Forgive Yourself	Be aware of what it feels like in your body to be cared about by someone.	When forgiving: make 3 piles: moral faults, unskillfulness & other.	Take responsibility for fault. Feel relief for what wasn't your responsibility.	Acknowledge what you learned; repair & make amends.	Ask if anything else can be done & do it.	Say "I forgive myself & take responsibility."
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Sleep is vital to our health & well-being. —National Sleep Foundation (www.sleepfoundation.org)

Week 8: Get More Sleep	Decide how much time you want to sleep & set a time to go to bed.	Observe “reasons” for staying up past your time for bed.	Enjoy feeling alert when you are well rested—take in the good experience.	Try strategies from National Sleep Foundation to get to sleep.	Make a deal to worry tomorrow & practice self-compassion (week 3).	Relax (week 4).
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*To be beautiful means to be yourself. You don't need to be accepted by others.
You need to accept yourself. —Thich Nhat Hanh*

Week 9: Befriend Your Body	Remember a time when you treated a friend well.	Imagine treating your body like a good friend.	Be gentle with your body.	Imagine cherishing your body throughout the day .	Treat your body well for (part of) a day.	Commit to treating your body well.
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Although your brain isn't heavy—about three pounds of soft, gooshy tissue like tapioca pudding—it has about 1.1 trillion cells altogether... as your brain changes, your mind changes. —Rick Hanson

Week 10: Nourish Your Brain	Imagine treating your brain like a good friend.	Nourish your brain with 3 to 4 ounces of protein at your meals.	Treat your brain to less sugar & white flour.	Eat lots of dark colored fruits & vegetables.	Consider the role of multivitamins & fish oil.	Cherish your brain by treating it well.
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You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. —Dr. Seuss

Week 11: Protect Your Brain	Imagine treating your brain like a good friend.	Avoid or limit exposure to toxins (including alcohol).	Maintain good hygiene to minimize infections.	Exercise regularly (use a helmet when bike riding).	Relax (week 4).	Smile often.
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Nothing can cure the soul but the senses, just as nothing can cure the senses but the soul. —Oscar Wilde

Week 12: Taking Pleasure	Relish pleasure through your senses.	Notice: What smells good?	Notice: What tastes delicious?	Notice: What looks beautiful?	Notice: What sounds wonderful?	Notice: What feels good on your skin?	Savor the pleasures as you notice them.
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The big question is whether you are going to be able to say a hearty yes to your adventure. —Joseph Campbell

Week 13: Say Yes!	Say yes to something you enjoy.	Say yes to something neutral.	Say yes to something you don't enjoy.	Say yes to what arises in your mind.	Say yes to people in your life just as they are.	Feel yes in each breath & in your entire body.	Say yes to living & hear life whispering yes to you!
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Take Rest: a field that has rested gives a bountiful crop. —Mary Englebreit

Week 14: Take More Breaks	Allow yourself to take more breaks.	Give yourself permission to take a micro-break.	Step out of automatic pilot & shift gears.	Step away or get out (physically or through your senses).	Intentionally unplug from technology for a period of time.	Pamper your body & your being.	Make physical & mental breaks a priority.
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May you live a long life full of gladness and health. —Irish blessing

Week 15: Be Glad	Cultivate gladness by looking for things to be glad about.	Notice things to be glad about even the end of difficult things.	Sink into feelings of gladness noticing what it feels like to be pleased.	Stay with good news & notice when you start to slip away.	Share your feelings of gladness with others.	Tell others what you appreciate in them.
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Faith is taking the first step even when you don't see the whole staircase. —Martin Luther King, Jr.

Week 16: Have Faith	Cultivate opportunities to develop faith & trust in things.	Make a list of what you have faith in that is within you.	Make a list of what you do have faith in within the world.	Ask: are there any areas of misplaced faith?	Try to have more faith for what you reasonably have faith in.	Consider how much more faith will help you & others.	Believe in yourself more.
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Everything has its beauty, but not everyone sees it. - Confucius

Week 17: Find Beauty	Take a few moments to be open to beauty.	Cultivate opportunities to find beauty in things or events.	Hunt for beauty, & let yourself be surprised by it.	Experience beauty as a sense of magnificence in all directions.	Recognize beauty in others.	Recognize beauty in your heart & within yourself.	Make beauty with your hands, words & actions.
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Grateful people report higher levels of positive emotions, life satisfaction, vitality, optimism and lower levels of depression and stress.—Robert Emmons

Week 18: Be Grateful	Think of someone towards whom you feel grateful.	Find things or events to feel grateful for.	Make a list of gifts of the natural & physical world to be grateful for.	Accept gifts of nurturance, helpfulness & love from others.	Recognize the benefit of accepting what is given.	Recognize the goodwill of giver whether a person or the Divine.	Celebrate gifts coming to your body, brain, being & breath.
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Because of your smile, you make life more beautiful. —Thich Nhat Hanh

Week 19: Smile	Take a moment to be open to what makes you smile.	Create a list of what makes you smile.	Bring the list to mind & a smile to your face.	Notice the results of how the smile makes your feel & act.	When you don't feel like smiling, make a half smile.	Find times to smile a few times a day & notice how it feels.	Enjoy smiling.
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*The essence of excitement is enthusiasm whose root meaning is quite profound:
“Moved by something extraordinary, even divine.” —Rick Hanson*

Week 20: Get Excited	Find something that excites you & feel enjoyment from it.	Give yourself permission to get excited.	Intensify your excitement through your whole being.	Find ways to bring excitement into something that is routine.	Raise your energy such as by taking deep breaths or smiling.	Join in with the excitement of others.	Find & enjoy opportunities to experience excitement.
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Consciousness of our strength increases it. —Luc De Clapiers, Marqis De Vauvenargues

Week 21: Find Strength	Mental strength draws on physical strength.	Make a list of your strengths – mental, physical & emotional.	Think about the good things you use your strengths for.	Recall times you felt strong & how your point of view or body felt.	Notice & appreciate how good it feels to be strong.	Tell yourself that you are strong & you will cope & prevail.	Stand still & relish the feeling of strength.
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Mindfulness is a way of paying attention that is: intentional, in the present moment, non-judgmental. - Jon Kabat-Zinn

Week 22: Be Mindful	Set aside a few minutes or more to be mindful every day.	Find opportunities to stop & be mindful throughout the day.	Allow yourself to become aware of mindful moments & experiences.	Bring an attitude of curiosity, openness & non-judgment.	Develop an awareness of how mindful you are.	Let go of judgments about being mindful.
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Adopt the pace of nature: her secret is patience. —Ralph Waldo Emerson

Week 23: Be Patient	Ask: what makes you impatient & what helps you to be patient.	Remember “usually nothing is urgent.”	Tolerate feelings triggered by delay by using mindfulness.	Find things that are rewarding in situations that try your patience.	Open your heart with love to those who cause interruptions.	Practice patience in conversations with others by listening closely.	Welcome opportunities to be patient as a gift.
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*The root word of the word “humble” comes from Latin for “ground.”
With humility, you abide like the earth itself. —Rick Hanson*

Week 24: Enjoy Humility	Humility is grounded in self-worth; accept your self-worth.	Wish all beings well, including yourself.	Be honest with yourself.	Take a panoramic view & honestly consider your place or role in it.	Be aware of your breath & how it connects you to the universe.	Notice how your beliefs & actions have global impacts.	Humility makes your life simpler & brings peace.
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The right word may be effective, but no word was ever as effective as a rightly timed pause. —Mark Twain

Week 25: Pause	Let yourself not act —just <i>be</i> from time to time.	Stop for a few seconds & tune into your experience.	Before beginning a routine activity, take a moment to become present.	Pause before replying during conversations.	Slow down interactions & take time outs when possible.	Come to complete stops at stop signs & seek chances to stop.	Pause globally, letting thoughts & feelings come & go.
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The greatest discoveries are those that shed light unto ourselves. —Ralph Waldo Emerson

Week 26: Have Insight	Shift attention from external causes to internal causes to reactions.	Remember the benefit of insight & be more non-judgmental.	Remember the feeling of being with someone who cares about you.	Ask yourself: What do I really want & need deep down inside?	What is in me from the past & what do I get stuck on?	What emotions are softer that I avoid & how can I allow myself them?	Use this insight to alter your reactions to situations.
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You can't cross the sea merely by standing and staring at the water. —Rabindranath Tagore

Week 27: Use your Will	Consider giving yourself over to your highest purpose (will).	Reflect on being wholehearted & committed towards your purpose.	Be diligent by remembering the reasons for your efforts.	Translate big purposes into small doable actions & steps.	Find structures to help you keep going.	Be mindful & aware of your inner world as you use your will.	Enjoy being lighthearted & strong-willed. Enjoy your will!
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Home is a refuge not only from the world, but a refuge from my worries, my troubles, my concerns. —Maya Angelou

Week 28: Take Refuge	Make a list of a few things that are refuges or sanctuaries for you.	Notice what refuges are within you & consider how you access them.	Take refuge by thinking: "I take refuge in [blank]."	Sense the refuge within—feeling what it is like to be safe & supported.	Using your list, experience your refuge within you daily.	Sense the good feelings & thoughts sinking in you from your refuge.	Weave your experiences into the light of your being.
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You'll miss the best things if you keep your eyes shut. —Dr. Seuss

Week 29: Risk the Dreaded Experience	Observe thinking: self-expression → expectations of pain → inhibition.	Challenge your expectations with possible positive outcomes.	Speak to yourself like a wise, encouraging, & caring teacher.	Move from your comfort by taking easy calculated risks.	Take bigger risk with increased vulnerability & self-expression.	If results are difficult, notice that you can cope with difficult results.	Take it in when risk increases self-respect & self-expression.
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Sometimes we find that we like our thoughts so much that we don't want to let them go. —Pema Chondron

Week 30: Aspire without Attachment	Recognize the difference between liking & wanting.	Stay liking by noticing when you get a feeling of wanting or craving.	Relax any sense of "gotta have it" as you learn your life is ok without it.	Experience a calmness as you let go of wanting.	Release fixations on a certain outcome—you can't force results.	Keep the sense of "me" to a minimum as outcomes have lots of factors.	Experience satisfaction with your efforts despite results.
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Faith is taking the first step even when you don't see the whole staircase. —Martin Luther King, Jr.

Week 31: Keep Going	Make sure your goals are worthy of your perseverance.	Know the feeling of tenacious persistence.	Take the step that's right in front of you.	Find a pace that you can sustain.	Keep going in your mind even when you can't make headway in the world.	Have faith that your efforts will pay off.	Keep on truckin'!
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Life is either a daring adventure, or it is nothing. —Helen Keller

Week 32: Be Curious	Cultivate a willingness to be curious & open to the outcome.	Turn the willingness into action by looking deeper.	Explore what is under the surface of something.	Broaden your view by considering other aspects of the something.	Consider how your past experiences inform your present responses.	Allow yourself to experience new responses to situations.	Be active with your curiosity by looking again & again.
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Where the spirit does not work with the hand, there is no art. —Leonardo da Vinci

Week 33: Enjoy your Hands	Several moments a day, be aware of your hands.	Move your fingertips & notice the sensation of feeling.	Take in the enjoyment your hands provide.	As appropriate, allow your hands to touch others & other objects.	Feel & experience the skillfulness of your hands throughout the day.	Watch your hands as they communicate	Feel your hands feeling your life with awareness of them.
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The unexamined life is not worth living. – Socrates

Week 34: Don't Know	Allow yourself opportunities to "not know" or not hold the answers.	Be skeptical about what you believe or are sure is true.	Listen to a conversation without anticipating or assuming.	Notice something familiar in a new way, without labeling it.	Contemplate what it would be like to let go of the need to be one who knows.	Look at something while considering whether you really know what it is.	Notice how good it feels to be lifted of needing to know.
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*God grant me the serenity to accept the things I cannot change;
courage to change the things I can; and wisdom to know the difference. —Reinhold Niebuhr*

Week 35: Do What You Can	Identify the circle where your concerns overlap your influence.	Identify you can do with an inventory of strengths & resources.	Consider where your resources can make a difference, regardless of size.	Identify how you can use resources for new to you beneficial actions.	Think about the actions you take inside your head for yourself.	Take action for yourself & others.	Do what you can, with what you have, where you are.
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Everything in life depends on how that life accepts its limits. – James Baldwin

Week 36: Limits of Your Influence	Notice your thoughts about something you cannot change.	Invite yourself to accept (not approve) that it is the way it is.	Notice the good feelings that come with acceptance.	Notice when you cannot accept a fact & accept that thought.	Practice accepting a fact as fact, even though you don't approve or like it.	Remember people you've accepted in spite of efforts to change them.	Try shifting hopes & efforts in new directions when needed.
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Cause and effect are two sides of one fact. —Ralph Waldo Emerson

Week 37: Tend to the Causes	Consider what makes a difference to personal well- being.	Focus on one thing that will lift your well-being.	Consider one area where you aren't getting results & consider causes.	Tend to the cause that is keeping you from your desired results.	Be truthful to yourself about causes & results.	Notice if you are tending to results or causes out of your control.	Accept the results, learn from them & tend back to causes.
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Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. - Marianne Williamson

Week 38: Don't be Alarmed	Take a stand for yourself against alarm & hyper- vigilance.	Be aware of the subtle effects of alarm in your body & behavior.	Recognize that many alarm signals are not signals but noises.	Accept that bad things happen sometimes that you can't control.	Help your body feel less alarmed by nurturing it.	Practice feeling less alarmed, using breathing in & letting go.	Return to fearlessness again & again.
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Just One Thing Cue Sheet

*People have a hard time letting go of their suffering.
Out of a fear of the unknown, they prefer suffering that is familiar. —Thich Nhat Hanh*

Week 39: Put Out Fires	Notice what needs to be attended to that you may be avoiding.	Ask yourself what gets in the way of your addressing the issue.	Remember the benefits of tackling the issue.	Write down costs to you & others of avoiding the issue.	Make a commitment to confront the issue.	Develop a plan for action & support then take action to address issue.	Experience feeling the benefits of taking action.
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Dreams are extremely important. You can't do it unless you imagine it. —George Lucas

Week 40: Dream Big Dreams	Ask yourself what you long for— imaging your dreams.	Be open to what comes up without judgment	Imagine what it would feel like to experience your dreams.	Consider realistic ways to move towards achieving your dreams.	Take action with the small things you can do & build on those.	Continue to take action, focusing on things that make the most difference.	Befriend & let your dreams live in you.
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*In the event of the loss of cabin pressure, the oxygen masks will drop.
Put your own mask on first before assisting others. —Kristi Sullivan*

Week 41: Be Generous	Take care of yourself every day.	Notice what you are grateful for & enjoy experiencing being full.	Enjoy the spirit of generosity that exists within you.	Be present with others moment by moment.	Offer non-reactivity because not-doing is sometimes the best gift.	Find ways to be helpful.	Take care of yourself by practicing self-care.
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I want to be famous in the way a pulley is famous, or a buttonhole, not because it did anything spectacular, but because it never forgot what it could do. —Naomi Shihab Nye

Week 42: You're all Right Right Now	Notice often each day that you are basically ok.	When you are getting self-critical, remind yourself "I am ok."	Notice how you get more done when remembering you are ok.	When you are not ok—accept it & notice your being's core is ok.	Knowing you are ok acknowledges "In this moment, I am all right."	Sense this truth in your body & breath it in.	Continue to take this stand for the truth that you are ok frequently.
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A work of art is the unique result of a unique temperament. —Oscar Wilde

Week 43: Honor Your Temperament	Assess & develop a clear sense of your temperament.	Reflect back on feedback about your temperament from others.	Identify the strengths of your temperament.	Consider what environments support your strengths.	Identify what needs or vulnerabilities are in your temperament.	Identify when your temperament doesn't fit your environment.	Appreciate your temperament— yours is perfect for you.
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A grownup is a child with layers on. —Woody Harrelson

Week 44: Love Your Inner Child	Consider & experience being cared about by someone.	Feel caring towards someone else.	Shift this caring to yourself, especially you as a child.	Remember being a child, good & difficult times while caring for yourself.	Make it safe for the child within you to be cared for.	Explore ways to be playful.	You cannot have a better childhood but you can care for who you are.
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Successfully functioning in a society with diverse values, traditions and lifestyles requires us to have a relationship to our own reactions rather than be captive of them. —Roger Kegan

Week 45: Don't Throw Darts	Accept that the unavoidable pains of life (darts) are unavoidable.	Try not to be offended or take pains as personal affronts.	Cradle the pain in awareness without reacting to it.	Observe second darts (suffering) & how you throw them at yourself.	Notice the mental reactions that are triggered & learn to stop them.	See the pain & suffering so you can let go of reacting to darts.	Nurture opportunities to stop suffering from pain.
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*Ring the bells that still can ring, forget your perfect offering.
There is a crack, a crack in everything, that's how the light gets in. —Leonard Cohen*

Week 46: Relax Anxiety about Imperfections	Make realistic efforts to improve things.	Accept that you cannot perfectly protect yourself or loved ones.	Hold standards & ideals by being aware of righteousness & self-importance.	Celebrate things that transcend standards & perfections like a flower or child.	Let the light shine in by nurturing your tolerance of imperfections.	Label & embrace imperfections like a perfectly spilt glass of milk.	View conditions in the world as the perfect unfolding of the universe.
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*Between stimulus and response there is a space. In that space is our power to choose our response.
In our response lies our growth and our freedom. —Viktor E. Frankl*

Week 47: Respond, Don't React	Make it a priority daily to nurture your well-being.	Practice focusing on your breath for a moment before responding.	Notice your emotions before you respond.	Be mindful of thoughts that fuel emotional responses.	Look for everyday opportunities for peacefulness, happiness & love.	Seek opportunities to practice mindfulness daily.	Take care of the minutes; the years will care for themselves.
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Most of us are bit players in other people's dramas. —Rick Hanson

Week 48: Don't take it Personally	Have compassion for yourself.	Notice what it feels like when you take something personally.	Be aware of making assumptions about other's intentions.	Explore alternative causes for what could be going on with other people.	Be aware when you make a case about how others are acting towards you.	Have compassion for other people. Accept their imperfections.	Enjoy the beauty of taking life less personally.
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We need people in our lives with whom we can be as open as possible. To have real conversation with people may seem like such a simple, obvious suggestion, but it involves courage and risk. —Thomas Moore

Week 49: Feel Safer	Consider in your heart that you deserve to feel safer in your life.	Bring to mind the sense of being with someone who cares about you.	Recognize a time when you felt strong or safe.	List resources inside & around you that you can use to manage life.	Take a few breaths with long exhalations.	Become aware of what it's like to feel safer & let those feelings sink in.	Mindfully allow yourself moments of feeling safe.
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There was a new voice which you slowly recognized as your own, that kept you company as you strode deeper and deeper into the world, determined to do the only thing you could do—determined to save the only life you could save. —Mary Oliver

Week 50: Fill the Hole in Your Heart	Acknowledge hole in your heart seeking good experiences to fill it.	Learn what good healing (experiential vitamins) will fill your heart hole.	Seek opportunities to encounter healing through strength, gratitude, compassion, ...	Experience the healing & let the feeling soak into your being.	Accept that you may need to settle for less than perfect experiences & be ok with that.	Savor the positive experience & feelings for 10 or more seconds. (Week 2)	Acknowledge that you are rewiring your brain with every experience.
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Just One Thing Cue Sheet

When I let go of what I am, I become what I might be. - Lao Tzu

Week 51: Let Go	Accept the wisdom of letting go & notice any resistance to it.	Notice that letting go naturally happens all day.	Consciously let go of tensions with long slow exhalations (Week 4).	Get rid of possessions you don't need or use.	Remember a dumb idea or dream that you've had & practice letting go of it.	Pick a grievance, grudge or emotion you've held & resolve it or let it go.	Let go of who you used to be so you can grow & change who you are becoming.
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Just One Thing Cue Sheet

You know you're in love when you can't fall asleep because reality is finally better than your dreams. — Dr. Seuss

Week 52: Love	Bring to mind the sense of being with people who care about you.	Be open to feeling cared about & let the feeling fill your own being.	Cradle the area around your heart & evoke heartfelt feelings of gratitude, compassion or kindness.	Open your heart to sharing those feelings with others.	Strengthen loving feelings with loving kindness thoughts towards others.	Embrace & nurture courage to love self & others.	Seek & experience many chances to love daily!
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Just One Thing Cue Sheet

Wendy Sullivan, LMSW

Wendy B. Sullivan, LMSW is a licensed social worker, who received her MSW from SUNY Buffalo in 1990 and a BSEd from SUNY Geneseo. Prior to college, she served in the US Army from 1973 to 1976 and the NY Army National Guard from 1977 to 1980 as a medic and drug and alcohol counselor. She also received additional family therapy training through the University of Rochester Family and Marriage Center. Her clinical experience is varied and includes group facilitation in the M.E.N.S. domestic violence program, psychotherapy at the University of Rochester's Strong Hospital Intensive Day Treatment program, community based care for families and individuals with neurological disorders, and Mindfulness Based Stress Reduction groups at the National MS Society and currently at the Rochester Vet Center (VA). She presently works with war zone veterans, many of whom have PTSD and/or traumatic brain injuries, and their families at the Rochester Vet Center. In addition, she facilitates a community Mindful Meditation program at St. Stephen's Episcopal Church, which includes MBSR workshops, retreats for adults and children and weekly community mindfulness sessions. She is an adjunct faculty member for Stress Management at Monroe Community College. She actively practices mindfulness meditation for self-care as well.

Wendy developed the *Just One Thing* cue sheets for use with individuals, couples and groups to provide a structured weekly complement to Dr. Hanson's *Just One Thing* book. The weekly mindfulness groups at the Vet Center and St. Stephen's Church briefly review a chapter each week and use the cue sheets for practice of the skills between sessions. Individual and couples use the book and cue sheets to strengthen their skills and relationships by spending time daily reviewing their practice of the concepts from the book. They find that by focusing on the themes from the book, they are more aware of the positive aspects of their lives and relationship.

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