



THE NOTICER

YOU

Love the Noticer

NOBLE ONE

IT'S A BEHAVIOR.

The Noble Checkmate™ is a mindfulness practice to become conscious of your thoughts. Checkmate is a position in chess in which a player's King is in check. When you notice and observe your thoughts through emotional awareness, you regain control of your state of mind. Checkmating your thoughts wins the game.

N - NOTICE the thoughts...

What am I thinking about? What is the story I am creating with these thoughts? How are my thoughts making me feel... expanded or contracted?

B - BREAK the cycle...

Are my thoughts spiraling out of control? Is this a reoccurring thought pattern? Are these thoughts critical of me or someone else?

L - LOVE who is noticing... (YOU)!

It's okay for me to have thoughts. I understand that I am not my thoughts. I have the power to change my thoughts.

