



Mindful Problem Solving

A Guide to Navigating
The
9 Dots Puzzle





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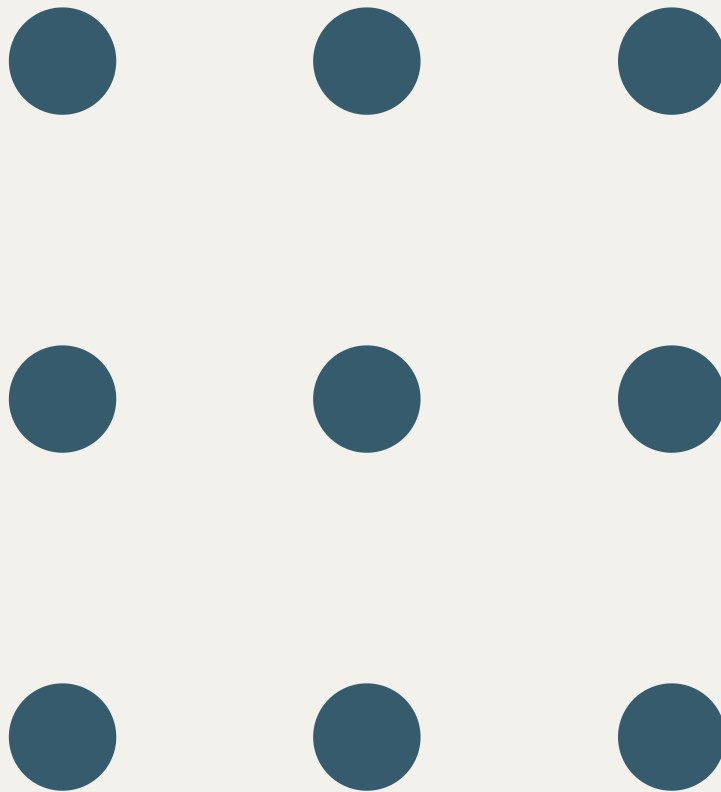
Welcome to this booklet on Mindfully Solving the 9 Dots Puzzle. The 9 dots puzzle is a classic problem-solving challenge that requires us to think outside the box and challenge our assumptions.

By approaching this puzzle mindfully, we can develop important skills like patience, creativity, and perseverance. In this booklet, we'll explore the puzzle from a mindfulness perspective, incorporating the attitudinal foundations of mindfulness to cultivate a sense of curiosity, openness, and self-awareness.



Nine Dots

Placing your pencil on the page only once, draw **FOUR** straight lines that pass all nine dots without lifting your pencil from the page.





Instructions:

1. Take a few deep breaths to center yourself and cultivate a sense of presence.
2. Study the 9 dots puzzle and explore different strategies for solving it, without being attached to any particular outcome or expectation.
3. Approach the puzzle with a beginner's mind, free of any judgments or preconceived notions.
4. Cultivate a sense of patience and perseverance, trusting that the solution will emerge with time and effort.
5. Observe any thoughts, emotions, or sensations that arise with a sense of curiosity and openness, without getting caught up in them.
6. When you feel stuck or frustrated, take a break and come back to the puzzle with a fresh perspective.
7. Celebrate your successes and reflect on your failures, cultivating a sense of gratitude and self-awareness for the learning opportunities they provide.
8. Watch the solution here: <https://bit.ly/NineDotsPuzzleSolution>





The Nine Attitudinal Foundations of Mindfulness

Non-judgment:

When solving the 9 dots puzzle, it's easy to get caught up in self-criticism or frustration when our attempts don't lead to immediate success. Practicing non-judgment means observing our thoughts and emotions without attaching a value judgment to them. This can help us stay present and curious as we explore different solutions to the puzzle.



Patience:

Solving the 9 dots puzzle requires patience and perseverance. Practicing patience means trusting the process and not getting discouraged when our attempts fail. Instead, we can take a step back, breathe, and approach the puzzle with a renewed sense of focus and patience.

Beginner's mind:

Approaching the 9 dots puzzle with a beginner's mind means setting aside any preconceived notions or assumptions about how the puzzle should be solved. This can help us stay open to new possibilities and approach the puzzle with a sense of curiosity and exploration.



Trust:

Trusting the process and having faith in our abilities can be helpful when solving the 9 dots puzzle. This can help us stay motivated and focused, even when the solution doesn't come easily or quickly.



Non-striving:

Non-striving means letting go of the need to achieve a particular outcome or result. Instead, we can approach the 9 dots puzzle with a sense of curiosity and openness, allowing the solution to emerge naturally through our exploration and experimentation.

Acceptance:

Accepting ourselves and our abilities is an important part of solving the 9 dots puzzle. Rather than getting caught up in self-criticism or frustration, we can accept our failures and use them as learning opportunities to grow and develop our problem-solving skills.





Gratitude:

Cultivating gratitude for the opportunity to solve the 9 dots puzzle can help us stay motivated and positive. This can help us approach the puzzle with a sense of appreciation and openness, rather than frustration or negativity.

Letting go:

Letting go means releasing our attachment to particular outcomes or results. When solving the 9 dots puzzle, letting go can help us stay open to new possibilities and stay curious as we explore different strategies and approaches.



Generosity:

Practicing generosity means approaching the 9 dots puzzle with a sense of curiosity and openness, willing to share our insights and ideas with others. This can help us learn from different perspectives and approaches, and grow as problem solvers.



Mindfulness Reflection Exercise

Welcome to this reflection exercise on the 9 dots puzzle. Through mindful observation of your process in solving the puzzle, you can cultivate curiosity, creativity, and problem-solving skills. Use the following prompts and inquiry questions to guide your reflection. Feel free to journal or simply reflect upon each question.

- What emotions did you experience as you attempted to solve the puzzle?
- How did you respond to moments of frustration or impatience?
- What insights did you gain about your problem-solving process through this experience?
- How did you approach the puzzle with a beginner's mind?
- How did you cultivate gratitude and generosity in your exploration of the puzzle?
- How can the practice of non-judgment help you stay present and focused on the puzzle-solving process?
- How will the practice of patience help you persevere through moments of difficulty or failure?



- How did the practice of trust help you stay motivated and focused on finding a solution?
- How will the practice of non-striving help you stay open to new possibilities and approaches?
- How could the practice of acceptance help you learn from your failures and grow as a problem solver?
- How did the practice of letting go help you release attachment to particular outcomes or results?
- How did the practice of gratitude help you approach the puzzle with a positive and appreciative mindset?
- How can the practice of generosity help you learn from others and expand your problem-solving skills?



Moving Forward Mindfully

Congratulations on completing this mindful exploration of the 9 dots puzzle! Through this exercise, you have gained insights into your problem-solving process and cultivated mindfulness skills that can be applied to many areas of your life.

Remember to continue practicing the attitudinal foundations of mindfulness as you approach new challenges, and to approach each experience with a beginner's mind and a sense of curiosity. With these skills, you can overcome obstacles and grow in your personal and professional life.

Thank you for joining us on this journey, and we wish you continued growth and success in all of your future endeavors.



At Pure Life Therapy, we believe in the Mind - Body connection. Our thoughts, feelings, beliefs, emotions, and attitudes can positively or negatively affect our physical health. Conversely, what we eat, how tense we might be, or how much exercise we get can affect our emotional and mental health.

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Jessica Chranowski is founder and CEO of Pure Life Therapy. She is a Holistic Health Practitioner, and International Stress Management and Mindfulness Based Stress Reduction Teacher.

Since 1999, she has been providing massage therapy and holistic health at her office, homes, concerts, and festivals in San Diego, CA.

Her nurturing approach to healing is to consider the client's physical body and emotional patterns as a whole in order to bring calm, relief, and balance. You can get in touch by emailing Jessica@purelifetherapy.com



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