

# THE MINDFUL KIND

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## **Welcome to The Mindful Kind Interview Series!**

*I've decided that it's time to throw convention out the window and get a whole lot more excited about mindfulness! We know that being mindful can bring richness, meaning and calm into our lives and can also offer amazing benefits, from better sleep to lower stress. However, I believe that our mindfulness journeys can also be refreshing, fun and inspiring! Discover which animal best represents mindfulness, what the strangest mindful practices are and how to use interesting mindfulness tools.*

*You'll find out all of this and much, much more, as this interview series comes to life!*

*With a beautiful focus on meditation, Chloe's interview with The Mindful Kind is thoughtful, unique and inspiring! I love this interview because Chloe chats about how mindfulness can be incorporated into your life in a way you truly enjoy, which is something I really believe in and love to emphasise! Sit down in a comfortable spot with a cup of tea and enjoy Chloe's incredible insights....*

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## **When did you start practising mindfulness?**

*When I was 13 my Grandad taught me to meditate because he thought it would help me calm my mind and also help with my sleep issues.*

*I dabbled in meditation for a long time, but it wasn't until I was about 21 that I would say I started consciously practicing mindfulness.*

*I had read Eckhart Tolle's *The Power of Now*, which inspired me to attend a 10 day silent Vipassana retreat where I learnt about (and practiced) mindfulness, and ever since then I've been devoted to bringing more mindfulness into my every day life.*

## **Why do you keep practising mindfulness?**

*Simply because it makes my life infinitely better in so many ways...*

*I'm less stressed, anxious, overwhelmed and reactive, and instead I'm more calm, relaxed and life just seems to flow better.*

*Ultimately mindfulness helps me to be my best self, which inspires me to keep on practicing mindfulness.*

### *What is your favourite mindfulness tool and how do you use it?*

*I don't think you need any particular tool to help you be more mindful, however when I'm struggling to meditate I always turn to Sonesence's meditations.*

*I don't like meditation music, but these are different – and honestly it's the best meditation music I've ever come across, and the only ones I listen to.*

*They help me feel instantly calmer, and help me to find the joy in meditating.*

### *What's the first emotion you think of when you hear the word "mindful?"*

*I had two come to mind: content and calm.*

### *What is your strangest mindfulness practice?*

*I challenge myself to bring attention to when I'm not being present as often as I can, and once I'm aware, I can then tune back into the now.*

*I also take mini meditation breaks all the time throughout my day, like when the kettle is boiling or when I'm waiting in a queue, whenever and wherever I can really, and this helps me to be more mindful as I go about my day.*

*And I also try not to multi-task, because I find it's so much easier to be mindful when you're only focusing on doing one thing – and doing it well.*

### *Mindful colouring is a huge trend at the moment! What are your thoughts about it?*

*Even though I'm huge lover of meditation I don't believe it's for everyone – however I do believe that everyone can benefit of being a little more mindful, in whatever way helps them to do that.*

*This is why I think mindful colouring is an awesome activity, it gives people who want to be calmer or more mindful something they can actually "do" to feel that way – so I'm really grateful for mindful colouring products for facilitating this in people's lives.*

*I personally love mindful colouring in!*

### *What is your favourite mindfulness experience?*

*There's so many, but the first one that came to mind was when I was on holiday at Magnetic Island and watched one of the most incredible sunsets I've ever seen in my life.*

*I had never seen a sunset with so many colours before and it kept changing as the time went on – it really was incredible – and I remember just wanting to stay in that moment forever. Meanwhile, while I was experiencing this I'm really grateful that my Dad was taking photos (photography is like his meditation), so I have a photo of this actual experience.*

### *What is your best tip for introducing a mindfulness practice for a beginner?*

*I think that challenging yourself to bring your awareness to the present moment as much as you possibly can as you go about your day can be really effective.*

*I would also suggest finding an activity that promotes mindfulness and that you really enjoy doing. Whether it's colouring in, meditating, surfing, cloud-gazing, photography – it really doesn't matter – find what it is that gets you into that state and do it as often as you like.*

### *If mindfulness were a landscape, what would it be?*

*The ocean.*

### *Do you have a quote about mindfulness you would like to share?*

*Following on from the previous question, this quote really explains to why I feel like mindfulness is like the ocean.*

*“I think when tragic things happen it is on the surface. It's like the ocean. On the surface a wave comes and sometimes the wave is very serious and strong. But it comes and goes, comes and goes, and underneath the ocean always remains calm.” — Dalai Lama XIV.*

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*Chloe is a life coach and writer with a background in psychology, whose mission is to inspire incredible young humans to redefine what they think is possible. She picked up her first self-development book when she was 12, started practicing gratitude and meditating when she was 13, and now she coaches people who want to create a life they love.*

*Chloe is the creator of The 28 Day Gratitude Project and the super inspirational eBook Infinite: Take your life to the next level and beyond!*