

I AM PRACTICING MINDFULNESS DAILY

I commit to moments of stillness each day, focusing on the breath, the senses, and the current activity.

Mindfulness is the thread that weaves through the fabric of my daily life, holding it together with intention and awareness.

It allows me to move through my day gracefully and respond to challenges with composure.

I cultivate an attitude of curiosity and non-judgment, observing my thoughts and feelings as they arise and pass. This practice enhances my well-being, relationships, and ability to appreciate life's simple joys.

It keeps me grounded in the present and connected to a wellspring of inner peace. As I practice mindfulness, I build resilience and open-heartedness, enabling me to embrace life's full spectrum with equanimity.

REFLECTION QUESTIONS

1

How has mindfulness practice influenced my daily life?

2

What techniques help me stay mindful throughout the day?

3

How can I incorporate mindfulness into my interactions with others?