

Daily Mindfulness



Eat your
meals
without any
distractions

Daily Mindfulness



Sit in the
sunshine and
be conscious
of how it feels

Daily Mindfulness



Journal in the
evenings to
evaluate your
day

Daily Mindfulness



Walk barefoot
and feel your
feet on the
ground

Daily Mindfulness



Listen to
music and fully
immerse
yourself in the
sound

Daily Mindfulness



Practice
mindful
breathing once
a day

Daily Mindfulness



Take moments
daily to
appreciate the
good and practice
gratitude

Daily Mindfulness



Pause often to
disconnect and
be present in
the moment.

Daily Mindfulness

Start your day
with quiet
reflection or
mindful
breathing



Daily Mindfulness



Practice mindful
movement
through yoga or
walking
meditation