



My Mindfulness Menu

Move	Why it's helpful	How to do it	A good fit?	My plan
#1				
#2				
#3				
#4				
#5				
#6				
#7				
#8				



My Mindfulness Menu

Move	Why it's helpful	How to do it	A good fit?	My plan
#9				
#10				
#11				
#12				
#13				
#14				
#15				
#16				



My Intentions for 2016

My Top Five Mindful Moves

- 1.
- 2.
- 3.
- 4.
- 5.

“As banal and clichéd as this might sound, happiness, more than anything, is a state of mind, a way of perceiving and approaching ourselves and the world in which we reside.”
Sonja Lyubomirsky, The How of Happiness: A New Approach to Getting the Life You Want

“Mindfulness practice means that we commit fully in each moment to be present; inviting ourselves to interface with this moment in full awareness, with the intention to embody as best we can an orientation of calmness, mindfulness, and equanimity
right here and right now.”

Jon Kabat-Zinn, Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life