

MELI Mindfulness Guide

Mindfulness is the ability to be fully present and aware of a balanced state of mind where you are not overly reactive or overwhelmed by your surroundings.

We naturally possess mindfulness, but it's more accessible to us when we practice being present and incorporate a mindfulness practice into our daily routine.

We are all made of energy, a precious commodity that we need to replenish every day. It's our fuel gauge to tell us when we need to exert more or slow down.

Intention is the acceptance and application of choice in our health and well-being. The power of your MELI choice lies in setting conscious daily intentions toward personal change.

Get FREE tools, resources, and techniques to help you deepen your mindfulness practice every day at www.melidaily.com/mindfulness

