

Mindfulness Plan

	Morning	Afternoon	Evening
Intention	Read your intention for the day and write your entry in your gratitude journal.	Think about how love, kindness, appreciation and gratitude comes into your life each and every day.	Read the four steps for intention and begin to see how you can add intention in your daily lifestyle. Click here to learn more.
Meditation	Determine how much time you have to spend on mindfulness and choose a meditation at this link or one from our favorite resources at this link .	Find mindfulness resources to help you create a daily practice that works for you. Go to this link to learn more..	Put on your Bluetooth eye mask and listen to Wayne Dyer's I Am meditation before bed..
Energy	Prioritize yourself by creating some self care options to support you this week.	Read the four steps for energy and begin to see how you can implement in your daily lifestyle. Click here to learn more.	Discover some self care resources on our Pinterest page. See what may work for you.
Links	For more information, go to our website .	Check out our energy pins on our Pinterest page.	Check out our intention pins on Pinterest .

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.

