

## Mindfulness Program

Listen to a Mindfulness Lesson Plan at least 1 time per week. You can listen to the same lesson more than once!

Each day choose:  
A Meditation, a Mind Body Flow or both.

Journal it! Journaling is a great way to bring awareness to your mindset, your goals, and your progress! Don't forget to list the things that bring a smile!



## MINDFULNESS

Mindfulness Defined:  
"Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally,"  
Jon Kabat-Zinn



The Key to a Successful  
Stress reduction  
program is  
consistency!!  
You must show up  
EVERYDAY for YOU!