

MY DAILY MINDFULNESS ROUTINE

MORNING

Take 5-10 minutes to begin the day with presence. *Breathe deeply and slowly ...* and use the following affirmations to create a positive anchor.

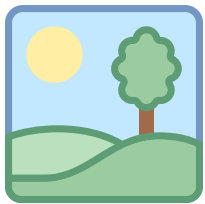


Today I am grateful for ...

Today I commit to ...

- Being the person I desire to be
- Being aware of & quieting my inner, critical voice
- Breathing deeply and slowly (intentionally) throughout the day
- Letting go of fear and accepting that God desires a life of peace for me

AFTERNOON



Take a few minutes throughout the day to *Breathe deeply and slowly ...*

Quiet any negative thoughts and let go of any fear or stress

Stay 'anchored' to the commitments made this morning.

EVENING



Take 5-10 minutes to end the day in quiet presence. *Breathe deeply and slowly ...*

My Personal Victories today were ...

Tomorrow, I intend to stay in charge of myself.

I give myself permission to let go, relax and have a wonderful sleep.