

a mindful moment..

SHORT GUIDED MINDFULNESS EXERCISES

Prompt 1:

When family and friends are mindful, they are also more aware. Which person would you like to be more mindful? Why?

Prompt 2:

It's great to be really "in the moment" during a good time. Talk about one of your best days ever and try to recall as much as you can.

Prompt 3:

Why is it so difficult to pay attention sometimes?