

bringing basic awareness to your life

Date / Time

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None of the Above

1. How is your life now? What's your experience of living it:

- At work?

- At home?

- In your relationships?

- With your body?

How balanced are you between:

- Action / reflection?

- Work / renewal?

- New activity / continuing activity?



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2. What do you want your life to be like (in the above categories):

- During the coming year?

- In two years?

3. What is next for you:

- At work?

- In your relationships?

- With your body?

- With your education?

- In the contributions you want to make?



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4. What have you accomplished this year?

5. How will you take what you learned from this forward into your life?

thank you for your mindfulness practice

MINDFULNESS

is about love and loving life.

When you cultivate this love,
it gives you **clarity** and **compassion** for life

and your actions happen
in accordance with that.

Jon Kabat-Zinn

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