

Mindfulness Tools to help you discover your best self

As thoughts come and go we notice the chaos within.

We witness the mind chasing sticks like a dog, running here and running there, unfocused, distracted.

Waves of thought come and go all day.

We notice never-ending chatter within, often judging, criticizing others and ourselves.

Noticing the pattern of emotions that are tied to our thoughts

We become familiar with patterns of repeating thoughts and feelings that have become our habits.

We discover which habits have evolved into our personality.

This is Mindfulness, the zone of balance and calm. Training ourselves to be Mindful, ever attentive to what is actually happening, gives us the route to see past habits, to not give energy to the unhelpful thoughts and emotions. As we watch the patterns of our thinking and doing, without attachment and without judgment, we're free to focus on what is going on. We're free to respond to life and break the bonds of habitual reacting to people and situations.

Holding understanding and compassion for others, and ourselves regardless of the situation we are in, we can remain steady and calm.

You have all the tools you need to begin practicing being Mindful.

Enjoy the **First Habit of Mindfulness** on the back of this card.

