

# 12 Days of Mindfulness

SPEND 10 MINUTES EACH DAY PRACTICING MINDFULNESS FOR THE NEXT 12 DAYS AND SEE WHAT DIFFERENCE IT MAKES.

1 What is Mindfulness?

2 Forgive yourself

3 Check in (without judgment) with your feelings.  
Just Be

4 Learn to Breathe Mindfully

5 Simplify Your Life

6 Let go of something not serving you

7 Spend time in nature

8 Love Yourself

9 Eat Mindfully

10 Listen deeply to someone

11 Forgive someone

12 Put away your devices and focus on family