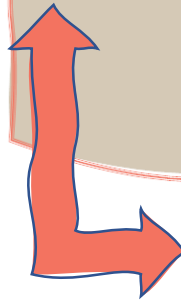
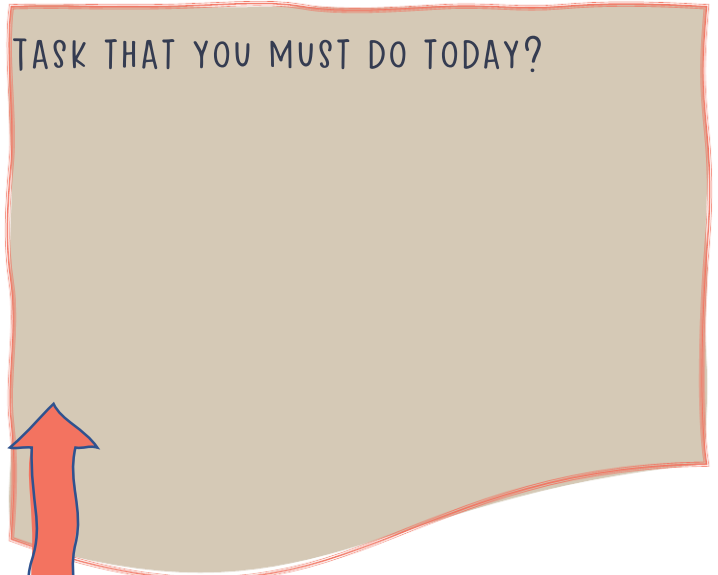


MINDFULNESS CHALLENGE, *Learn to single Task*

MY DAILY TO DO:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

FROM YOUR TO DO LIST WHAT IS ONE
TASK THAT YOU MUST DO TODAY?



THIS IS WHAT I LEARNED ABOUT
DOING THIS TASK MINDFULLY:

