

One Minute Mindful Moments

Need more conscious moments throughout your day? Try it during these example everyday tasks, and then add your own at the bottom.

- ▶ Taking a shower
- ▶ Brushing your teeth
- ▶ Making coffee or tea
- ▶ Waiting for the microwave to finish
- ▶ Before a work call
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See how these OMM's can change your day!

“Your life requires your mindful presence in order to live it. Be here now.”

-Akiroq Brost

