



LIVE YOUR BEST YOU.

Three Quick Steps to Mindful Awareness

Step 1: Notice when you have been reacting on automatic pilot and contact the present moment

Take a moment to check in. How are you feeling right now? What sensations are you experiencing in the body right now? What thoughts are present now?

Step 2: Narrow awareness to this breath

Bring the spotlight of attention to the physical sensations and movement in your abdomen as it rises and falls with each breath.

Step 3: Expand awareness to the entire body

With a broader awareness, notice all the sensations occurring throughout the entire body, developing a strong sense of the entire body in the here and now.

