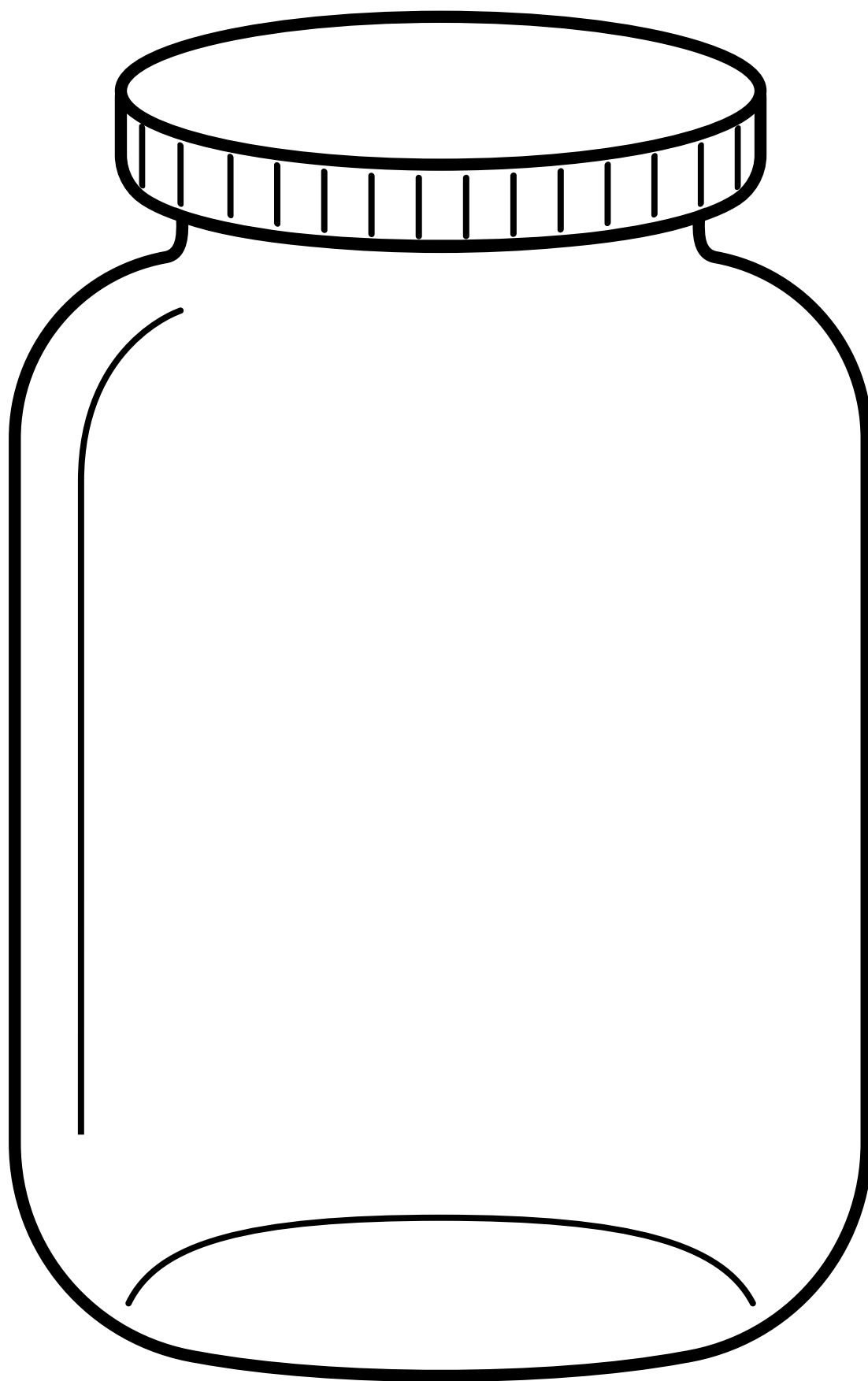


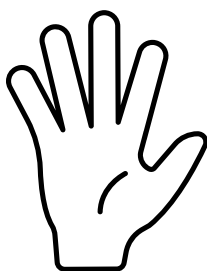
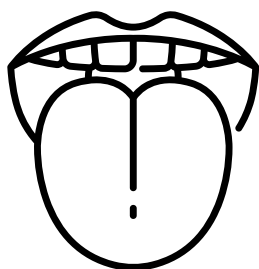
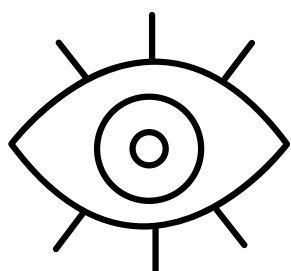
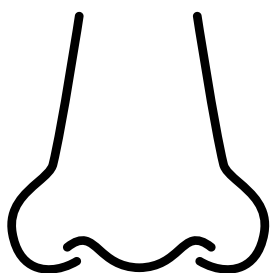
MY MINDFUL BOOK

QUIET ACTIVITIES TO HELP CALM AND GROUND ME





REFLECT ON YOUR DAY SO FAR. WRITE DOWN ALL THE THINGS YOU ARE GRATEFUL FOR.



STOP, AND NOTICE: WRITE AN EXAMPLE FOR EACH OF THE SENSES THAT YOU ARE CURRENTLY EXPERIENCING.



WRITE OR DRAW THE THOUGHTS THAT HAVE BEEN
PRESENT IN YOUR MIND TODAY.

DRAW AND DESCRIBE YOUR HAPPY PLACE