

Mindful Gratitude



Moment to moment
I show gratitude,
spreading kindness and peace
is my attitude

Mindful Thinking



Not focused on future or past,
trying to make each moment last,
mindful thoughts keep me on task

Mindful Emotions



What do I feel?
Let me see!
Where do I feel it?
Let me check!
Let me name it, tame it,
and take a mindful breath

Mindful Heartfulness



I feel my heart as my love grows,
sending heartfulness as my love flows,
from me...for me,
and everybody I see!

Mindfulness

I'm here, I'm now, no
judgment is found

Non - Judgment

I will not judge myself, my
emotions will be felt
I accept our inner wealth, I won't
judge anybody else

Mindful Breathing



To live mindfully,
the breath is the key,
breathe in...breathe out...
release the stress
and let it all out

Anchor Spot



My mind was drifting
then it stopped,
because I found
my anchor spot

Mindful Listening



Using mindful listening,
sounds are all around,
I use my ears and my heart,
this moment is found

Mindful Body Awareness



From the top of the crown
to the feet on the ground,
I'm in my body,
and the world all around!