

REFLECT BELOW HOW YOU ARE RELATING
TO YOUR **EXPERIENCES TODAY.**

[Daily reflections will reveal which patterns to be more mindful of.]

Date / Time

So far today, have you brought kind awareness to your:

Thoughts?

Heart?

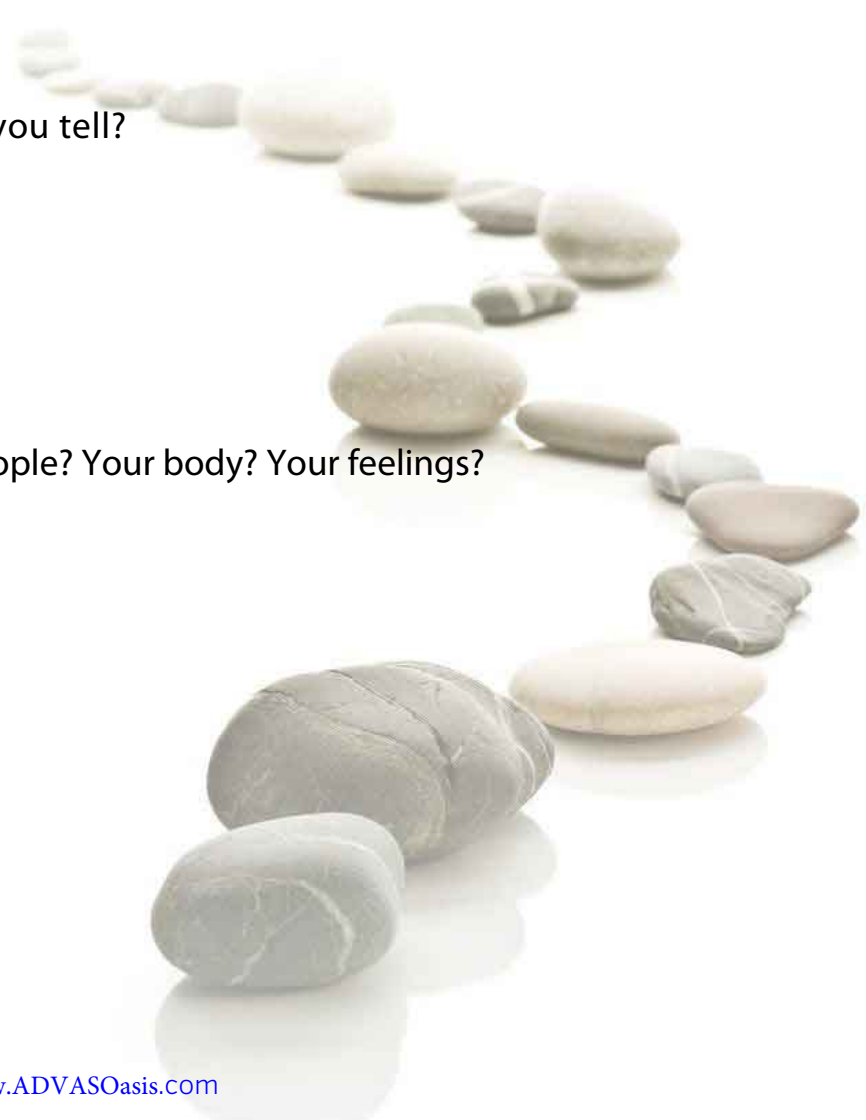
Body?

None of the Above

1. How present were you? How could you tell?

2. How present were you? How could you tell?

3. How connected were you to other people? Your body? Your feelings?



measuring your presence

4. What action will you take from what you observed in this exercise?

Additional Notes:

thank you for your mindfulness practice

MINDFULNESS
is about love and loving life.

When you cultivate this **love**,
it gives you **clarity** and **compassion** for life

and your actions happen
in accordance with that.

Jon Kabat-Zinn

PRESENCE

Presence is the energy of now.

Presence leads to connection.

It allows access to my being.

Presence invites curiosity.

What interpretations and beliefs are present?

Have you brought kind awareness to.

Your thoughts?

Your heart?

Your body?

Another person?

Can you bring acceptance and compassion to this moment?

Can you feel it?

Presence is power.

Presence is magnetic.

Embrace it.