

# HOW TO ACHIEVE DAILY MINDFULNESS

## Be Present

Take some time each day to meditate or just focus on your senses. Bring your attention to the present moment in time.



## Body Focus

Listen to your body and focus on how you feel. Take time to breathe deeply every day to achieve mindfulness.



## Daily Gratitude

Focusing your attention on what you are grateful for is an effective way to achieve mindfulness. Journal every day!



## Creative Time

Creative pursuits like playing music or painting can be a great way to bring your mind to the present moment.



## Mindful Eating

Eating is a great time to bring your attention to the present moment. This helps you chew better and digest better.



Better Mind Better Health Better You

