

Singlehood & Selfcare

Fundamental Habit: Mindfulness

Guided Notes Worksheet

Daily Do Now Response:

What is Mindfulness?	Why mindfulness?	Practicing Mindfulness
<p>Mindfulness is the practice of paying attention to what's happening in our lives in a particular kind of way...</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Scientific studies show that mindfulness:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Every moment and experience gives you an opportunity to practice mindfulness and improve the quality of your mind.</p> <p>What are your thoughts on:</p> <ul style="list-style-type: none">● Mindful breathing● Mindful listening● Mindful eating● Mindful meditation● Bead Breathing

Additional Notes/Thoughts:

How can mindfulness techniques improve the quality of your relationships with other people?

