

Targeted Mindfulness: Start Here

Write the name of the topic:

Write the first 5 thoughts that come into your mind:

-
-
-
-
-

Write 3 or 4 words that describe your emotions right now:

-
-
-
-

Now put your pen down and do a "Reconnect"

...then turn over.....



Brief Mindfulness

Rapid stress reduction; enjoyable high performance

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Fold along dotted line

Write the name of the Topic again:

Write down the first 5 thoughts that come into your mind now

-
-
-
-
-

Write 3 or 4 words that describe your emotions right now:

-
-
-
-

Now open up the paper and compare what you've written on each side – what differences do you notice?



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