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MINDFULNESS WORKBOOK

GUIDE TO MINDFULNESS

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WELCOME

This is a a mindfulness workbook for you to be more present, calm and mindful in your daily life. You can use this workbook how ever you see fit, whether that is filling it out on computer or printing it out. The only thing that matters is to Just Do It, don't think about it too much.

Enjoy the process

Shelley Jo



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FAREWELL

Just because this is the end of the workbook doesnt mean you cant use the tools in this workbook over and over





WHAT IS MINDFULNESS?

Mindfulness is a way of being, it is a state of being conscious or aware of something. I love to say once you are aware, you cannot become unaware.

To Be conscious and aware is to be in the present, the opposite of being present is regretting the past or worrying about the future.

In this workbook you will learn simple tools + activities that will keep your mind in the present and keep yourself aware!

Enjoy being mindful!





MINDFULNESS 101

Let's get started and get you living more mindfully. When living in the present you are giving yourself the ability to create more brain space, gain clarity and move through life with gratitude and awareness

Grab A Pen + Let's Go!

A MORNING RITUAL

Mornings matter. We all need a healthy “morning ritual” if we want to truly make the most of our days – and life in general. What does your “morning ritual” look like?

Mornings matter!! And we all have a morning ritual that we tend to follow on a daily basis, even if it’s just something as simple as wake up, brush your teeth, get in the shower, get dressed, then drive to work.

When we wake up from our deep slumber, we may be physically awake but our minds are still warming up to the day. Our morning ritual helps awaken our minds and get a fresh start.

Ask yourself: “Does my morning ritual energize me or drain me before I start the day?”

Because how you start your day MATTERS more than you think.





TIPS FOR A MORNING RITUAL

Now you are going to create your own morning ritual.
A ritual that gives you meaning not just a boring routine.

But 1st here are some morning ritual ideas:

1. Waking up Early
2. Making the bed
3. Journal
4. Gratitude list - at least 5 things
5. Quiet Time - Deep Breathing
6. Drinking lemon water before coffee
7. Morning Movement - 10 minute walk/ stretch/yoga
8. Make a to-do-list
9. Eat a healthy breakfast
10. Listen to inspirational video or positive podcast

You can create you morning ritual around your schedule and personal needs. Your ritual can be 10 minutes or 45 minutes, it doesn't matter the length. It is the action that matters

There is no wrong way to create a morning ritual, if you are doing it, then you are doing it right!



DON'T TAKE ADVANTAGE OF

GRATITUDE

Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. People feel and express gratitude in multiple ways.

Being Grateful helps you be in the present aka more mindful!

Gratitude is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, even computer access.

Doing this will allow the universe to deliver more abundance your way



GREAT JOB + FAREWELL

I am a big believer in celebrating your wins. Take time to celebrate that you dedicated time out of your busy schedule to get one closer to self-betterment. Those simple steps can create massive change in your life.

The future is a bunch of right now's piled on top of each other

So celebrate the smallest things, be grateful and continue killing your morning ritual.

This isn't goodbye, it is see you later!



NEED MORE INSIGHT & SUPPORT?

THE ALIGN + RISE MINDSET + HABIT TRAINING...

Is coming soon, this program will have an insane amount of valuable tools, missions and activities.

Align+ Rise is a step by step personal development course in your all over wellbeing.

In the 6 weeks you will learn how to overcome obstacles, train your mind, let go of limiting beliefs, set those boundaries you have been dreaming of, tackle old habits and create new long lasting habits

[ALIGN + RISE DETAILS HERE](#)



