

INTRODUCTION TO MINDFULNESS



The Mind Garden
bloom where you're planted

BREATHE *into positivity*

Reflect and write positive affirmations that resonate with you. These could be statements related to self-love, strength, peace, or any area of your life you wish to focus on.

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Get comfortable in a quiet spot. Close your eyes. Inhale deeply, focusing on your affirmation. Imagine its essence filling you. Hold for a moment, absorbing its power. Exhale slowly, releasing doubts and stress. Picture negativity leaving your body with each breath out. Inhale your affirmation, let it blend with your breath's rhythm. Feel positivity infusing every cell. Open your eyes, reflect on your feelings. Record emotions and insights that emerged during this practice.





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MOOD-IN

emotional check

Find a quiet, comfy spot. Breathe deeply, then close your eyes. Imagine your emotions as colors or shapes (like blue for calm, circle for contentment). Accept these feelings without judgment. Open your eyes and doodle what you visualized. No need for perfection; simple drawings work fine.



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SOLEFUL

walking motion



Prepare for a mindful walk. Set an intention, leave distractions behind, and breathe deeply before starting. Focus on your senses, step consciously, and redirect your mind if it wanders. This walk is your time to be present; immerse yourself fully.

What sensations did you notice in your body while walking mindfully?

What sounds, scents, or sights stood out to you during your walk?

Did your mind wander? What thoughts arose and how did you regain focus?

How did mindful walking make you feel afterward?