



Taking a MINDFUL MOMENT can look like:

PAUSING by closing your eyes, shifting them away from your screen, or stepping outside

OBSERVING and listening to the messages your emotions, thoughts and body sensations are giving you

WELCOMING and making space for whatever is arising for you with kindness and compassion

CONNECTING with what really matters to you deep in your heart (your values) in the present moment as a guide to your actions



PRINT AND DISPLAY
this pocket-sized image as a
remind of the sequence!



inspiring inner journeys

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Take a Mindful Moment