focus your ttention on the present!

e present!

 ount to 4, inhale, count to 4, exhale

have you thought about a gratitude iary?

inhale,xhale!

ocus on the “here and now”!

have you felt rateful today?

are you saying “thank you” from the bottom of your eart?

nhale, exhale!

make a gratitude ar!

be ind to yourself!

isten to all the sounds around you for 1 minute!

eat indfully, use all your senses!

ot a single day without stretching!

 list all the things you can see for ne minute!

turn off your hone once in a while!

can you uiet your mind?

elax your body!

have you looked at the ky today?

lis 3 things you feel grateful for!

use all your senses when you wake p!

do something creatie today!

* alk mindfully, pay attention to your steps!

rela your shoulders!

ou can stretch more often!

ero worries for a few minutes!