

29 Tips To Live Mindfully

Be Grateful. GET TO KNOW YOURSELF.

Listen to the beat of your own drum.

Live Your Truth. CHERISH Self Care.

Know your YOUR TIME. Love Yourself.

Why. ASK A BETTER QUESTION.

Honor your five senses. Honor your emotions.

Take responsibility and Be accountable.

Make time for Decide you really want it.

reflection. Believe. Ask for what you want

NEVER STOP LEARNING CREATE DAILY SUCCESS HABITS.

Forgive yourself for mistakes, unrealistic expectations or unwise choices.

Notice your body cues. Don't set goals dependent only

Accept Simplify your life. on external validation.

yourself exactly as you are. Give yourself a break.

STEP OUT OF Laughter. Be in a state

YOUR ROUTINE. REFRAIN FROM of Flow

STRIVE FOR BALANCE. JUDGEMENT