





Benefits of Mindfulness

Activity 1- Based in the 'Mindfulness Basics' Clip what are the experiences and/or benefits of mindfulness identified by the following celebrities:

	<p>Jay-Z</p>
	<p>50 Cent</p>
	<p>Angelina Jolie</p>
	<p>Potential benefits for me???</p>

Wellness Journal



Date: _____



WATER

TODAY'S POSITIVE THOUGHTS

FRUIT & VEGETABLES



EXERCISE

Time: _____

Activity: _____

JUST FOR ME

**GRATITUDE LIST
FOR TODAY**

Today I am grateful for...

REFLECTIONS ON THE DAY

