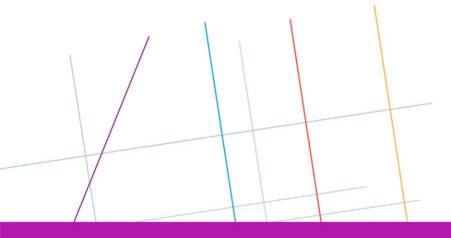




Benefits of Mindfulness

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

	Jay-Z
	50 Cent
	Angelina Jolie
7. 7. 7. 7. 7. 7. 7. 7. 7. 7. 7. 7. 7. 7	Potential benefits for me???



Wellness Journal

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Doto	
Date:	WATER
TODAY'S POSITIVE THOUGHTS	
	FRUIT & VEGETABLES
	EXERCISE
	Time:
a	Activity:
JUST FOR ME	
	GRATITUDE LIST FOR TODAY
	Today I am grateful for

REFLECTIONS ON THE DAY



