

THE ATC OF MINDFULNESS

PART 4 - D

D - Define

When starting any mindfulness activity it is good to get an idea of what you want out of it by defining some goals.

These don't have to be a long list of things to do, just a simple permission slip to yourself to take the time for some self-care.

Could it be calmness, clarity or simply time for you? Whatever it is, defining what you hope to achieve from an activity helps you focus on that goal and the mindful moment that you are about to enter.



