

THE ATC OF MINDFULNESS

PART 6 - F

Focus

Life can throw many things our way. Medical issues, financial worries and family drama, to name just a few.

It can sometimes be hard to focus on what is important to you and why.

Taking a time out to be in the moment, and to focus on what you are doing in that moment, may help you develop a clearer mind with which to decide what needs your attention and what are simply distractions.

So, break out the pens and pencils and enjoy the next few minutes of me-time.



