

# THE ATC OF MINDFULNESS

H

## H - Hub

Mindfulness is the idea of learning how to be fully present and engaged in the moment, aware of your thoughts and feelings.

To achieve this, you may like to consider your mind as the hub of all activity and you are the door-person, checking all thoughts as they come and go, rejecting those that would be unhelpful to the others gathering in the hub.

However you achieve it, make sure that you remain aware of your thoughts and feelings while colouring this design.



