

THE ATC OF MINDFULNESS

I

I - Imagination

Imagination is one of the key skills in mindfulness techniques. It can also be one of our worst enemies.

Ideas and thoughts are mostly founded via imagination so when you experience negative thoughts about you, your life and what is happening around you, these are imagined. Knowing this, you can form alternative ideas that give you a positive slant on the future.

As a suggestion, whilst colouring this design, practice actively forming positive views before any negative ones take hold.



