

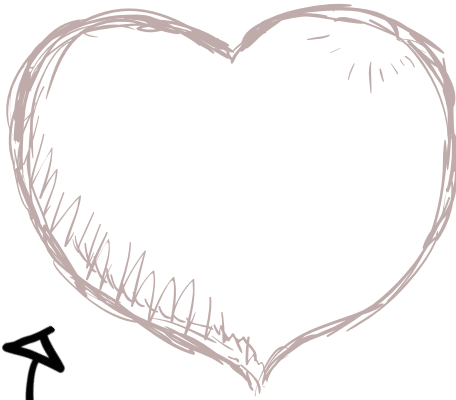
THE MIND MATTERS

“Every time we become aware of a thought, as opposed to being lost in a thought, we experience that opening of the mind.”

– Joseph Goldstein

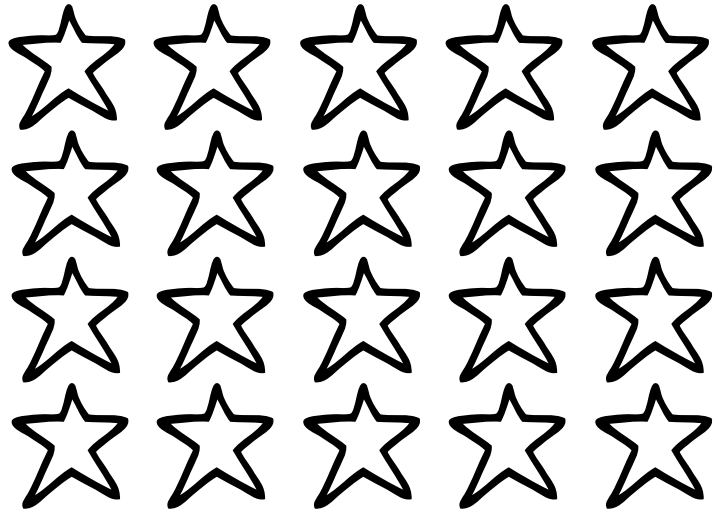
My Mantra _____

I AM...



Give yourself a few positive affirmations.

MEDITATION  TRACKER



NOTICINGS

In my body, I notice...

I can't stop thinking about...

When I am still, I am...