Applied Mindfulness 101: Core Principles

By Casey Berard

1. Who's business am I in?

- Mine?
- Theirs?
- The Universe's?

2. Where am I on the mindfulness timeline?

Future

Future hopes? Dreams? Worries? Fear?



1.

2.

3.

Now

Power of Focus

 See question 3 for more details



Good memories? Regrets? People to forgive? Stuff to let go of? What's holding you here?

Past

9

3

3. What's your focus right now?

1.

2.

3.

Ideas for the future:

4. Remember to take Action

Actions to take for your focus:



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