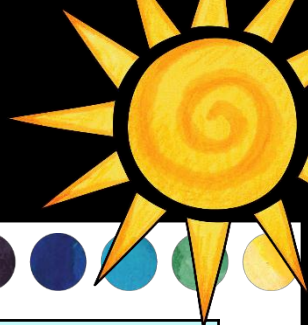
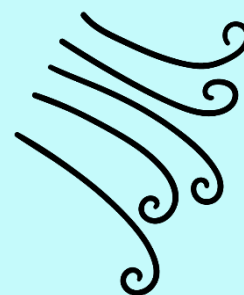


Mindful Morning



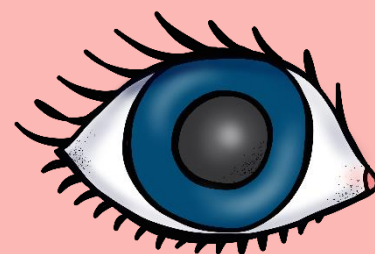
5

Slowly take five deep breaths.



4

List four things you can see or notice around you.



3

List three things you are grateful for.



2

Say two positive self-talk statements to yourself.

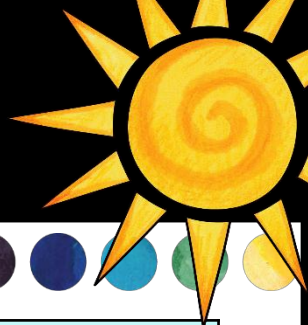


1

Name one thing you are looking forward to today.

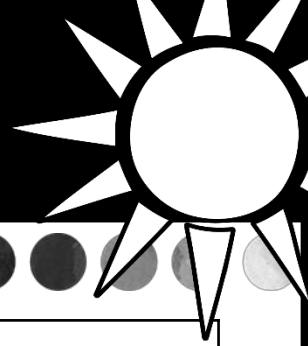


Mindful Morning



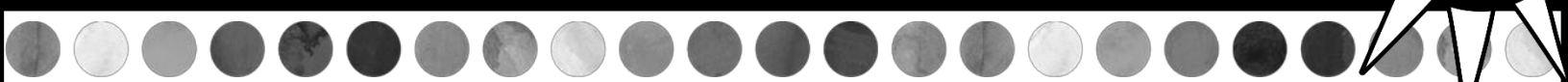
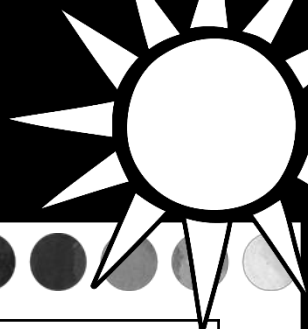
5	<p>Slowly take five deep breaths.</p> <div data-bbox="332 436 1128 583"></div> <div data-bbox="1230 344 1474 632"></div>
4	<p>List four things you can see or notice around you.</p> <div data-bbox="1133 716 1502 961"></div>
3	<p>List three things you are grateful for.</p> <div data-bbox="1177 1035 1481 1331"></div>
2	<p>Say two positive self-talk statements to yourself.</p> <div data-bbox="1123 1390 1507 1675"></div>
1	<p>Name one thing you are looking forward to today.</p> <div data-bbox="1149 1703 1464 2011"></div>

Mindful Morning



5	Slowly take five deep breaths.	
4	List four things you can see or notice around you.	
3	List three things you are grateful for.	
2	Say two positive self-talk statements to yourself.	
1	Name one thing you are looking forward to today.	

Mindful Morning

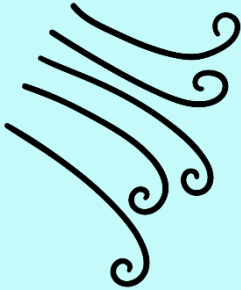
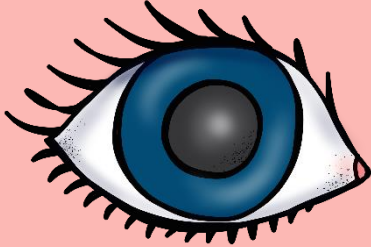

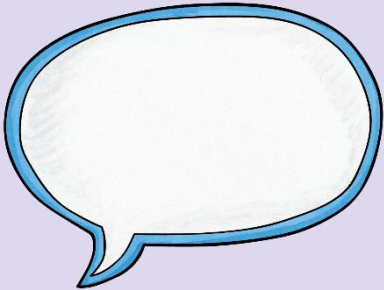



5	<p>Slowly take five deep breaths.</p> <div data-bbox="332 436 1128 583"></div>	
4	<p>List four things you can see or notice around you.</p>	
3	<p>List three things you are grateful for.</p>	
2	<p>Say two positive self-talk statements to yourself.</p>	
1	<p>Name one thing you are looking forward to today.</p>	

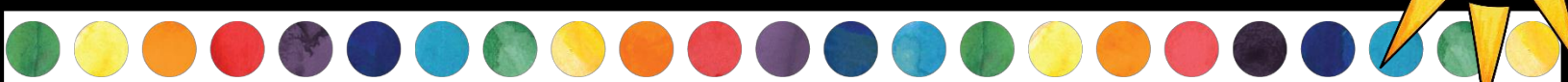
Spanish Version

Una Mañana Consciente



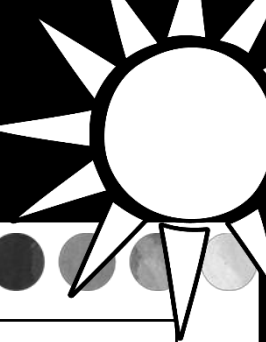
5	Lentamente toma cinco respiraciones profundas.	
4	Haz una lista de cuatro cosas que puedes ver o notar a tu alrededor.	
3	Haz una lista de tres cosas por las que estás agradecido/a.	
2	Dígase dos declaraciones positivas de dialogo interno.	
1	Menciona una cosa que esperas hoy.	

Una Mañana Consciente



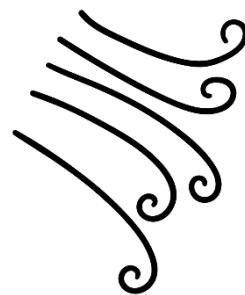
5	<p>Lentamente toma cinco respiraciones profundas.</p> <p>□ □ □ □ □</p>	
4	<p>Haz una lista de cuatro cosas que puedes ver o notar a tu alrededor.</p>	
3	<p>Haz una lista de tres cosas por las que estás agradecido/a.</p>	
2	<p>Digase dos declaraciones positivas de dialogo interno.</p>	
1	<p>Menciona una cosa que esperas hoy.</p>	

Una Mañana Consciente



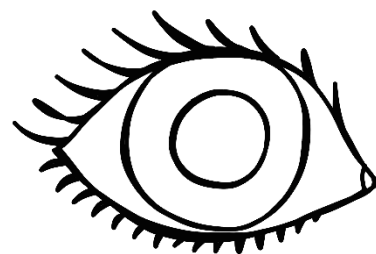
5

Lentamente toma cinco respiraciones profundas.



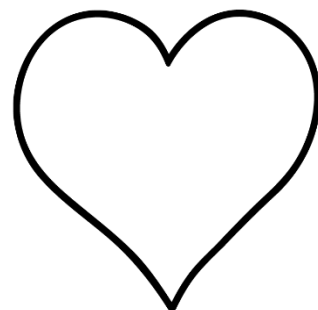
4

Haz una lista de cuatro cosas que puedes ver o notar a tu alrededor.



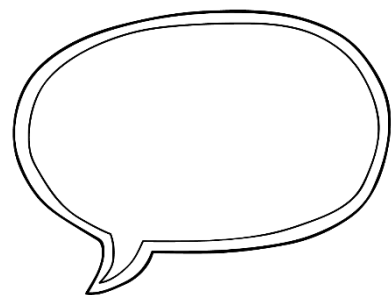
3

Haz una lista de tres cosas por las que estás agradecido/a.



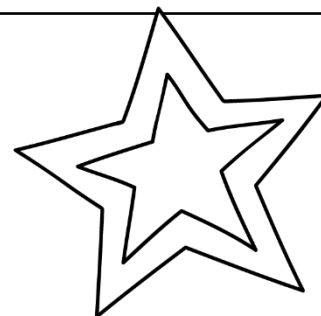
2

Dígase dos declaraciones positivas de dialogo interno.

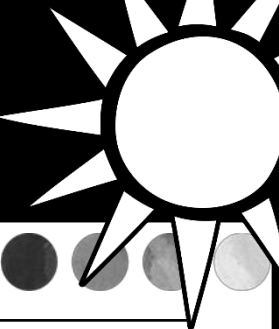


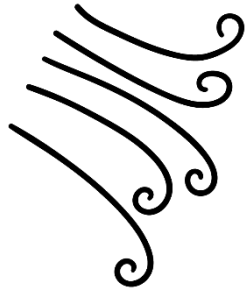
1

Menciona una cosa que esperas hoy.



Una Mañana Consciente



5	<p>Lentamente toma cinco respiraciones profundas.</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
4	<p>Haz una lista de cuatro cosas que puedes ver o notar a tu alrededor.</p>	
3	<p>Haz una lista de tres cosas por las que estás agradecido/a.</p>	
2	<p>Digase dos declaraciones positivas de dialogo interno.</p>	
1	<p>Menciona una cosa que esperas hoy.</p>	