

	Thank someone you haven't thanked in a while	Get outside for at least 10 min. today.	Listen to your favorite song	Do some stretches	Watch something funny	
Watch the sun rise	Laugh out loud	Watch the sun set	Bake a treat for a neighbor	Read for fun	Dance	Call a friend
Take a walk	Gaze at the stars	Plant a flower	Drink a glass of water	Be fully present with family	Play a game	Sit in the sun
Snuggle a pet	Thank a family member	Send a snail mail card	Just be still	Create something	Go outside. Find 3 beautiful things	Declutter one area
	Give to a good cause	Listen wholeheartedly to a friend	Listen wholeheartedly to a family member	Focus on your breathing. Slow & relaxed.	Listen to a fountain	



# Mindful Moments



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