

Mindful May.

Make the most out of this upcoming month by pledging to have a “Mindful May.”

1. Mission Statement Stephen R. Covey, author of “7 Habits of Highly Effective People,” says that writing a personal mission statement is one of the most important activities an individual can do to help them lead a meaningful life. CEO of Campbell Soup Company, Denise Morrison’s mission statement is to serve as a leader, live a balanced life, and apply ethical principles to make a significant difference.

*Circle the word that most resonates with you and create your own personal mission statement:

My intention / passion / purpose / mission is

2. Meditation Dedicate time in the morning to be quiet. My favorite way to meditate is to sit comfortably in a chair or on a yoga mat and breath. Count every inhale and exhale as “one.” Count up to ten breaths and then back down to one... repeat & relax.

3. Meaningful Gratitudes.

Write down 3 things that you are grateful for.

Research reveals profound and long-lasting positive neural effects from feeling grateful.



4. “Make it happen” Mantra

A mantra is a short sentence, or just one word, that has the power to change your mindset. Ex: “I am Compassionate.”

My Mantra for May:

“”

5. Movement It doesn’t have to be high intensity exercise, some exercise is better than none... just commit to moving.

I will add more movement to my day by

6. Mindful Eating “Mindful eating is eating with intention and attention. Eating is a natural, healthy, and pleasurable activity for satisfying hunger. However, in our food-abundant, diet-obsessed culture, eating is often mindless, consuming, and guilt-inducing instead,” says Michelle May, M.D., author of “Am I Hungry? Eat Mindfully, Live Vibrantly.” How will you be mindful this May?

- Put fork down between bites
- Only eat while sitting down
- Pay attention to flavors of food
- Notice how foods make you feel after eating
- Drink a glass of water before meal
- Do not watch TV while eating

7. Muster a “Yes!” in May This May I am saying “YES!” to

