mindfulness

- · Mindfulness is...
- · I am most present when...
- What time of day is easiest to practice mindfulness?
- · A time I struggled with mindfulness was...
- People who support my practice include...
- · My vision when practicing is...
- · The experience brings me...
- What is your ideal environment to practice?
- The most challenging aspect of mindfulness is...
- · A transformative moment happened when...