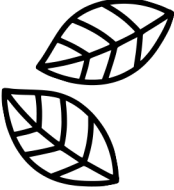



MINDFULNESS ACTIVITY

Your Mind Is A Garden

In this fast-paced world, our minds can be cluttered with thoughts and distractions, making it hard to focus or relax. The practice of mindful journaling can help clear the chaos in our minds, allowing us to find some clarity and perspective on our thoughts. Take 1-2 minutes and write down anything that comes to mind, without any filter or judgment, in the space below (use the back if needed).

| | |
|--------------------------|--|
| Seedling Thoughts |  |
|--------------------------|--|

Take some time to reflect on what you've written down. Using the spaces below, organize your thoughts into three categories: priorities (to-do list or what's most important), budding ideas (to think about further), and things you can let go of.

| | | |
|------------------------|----------------------|---|
| Root Priorities | Budding Ideas | Leaves to Let Go |
| | |  |