

February 13th-March 13th, 4 Mindfulness Prompts

Week 1: Experiment throughout the day with *the Self-Awareness Scale* to track your fluctuations. Notice how stressful thoughts create sensations and feelings in the body.

Week 2: Take a quiet moment tonight to check in with yourself about the intention you set in the morning.

Week 3: Notice beauty in the environment and in the people you come into contact with.

Week 4: Be gentle with yourself if you are not following through with your intentions and acknowledge yourself with appreciation if you did.

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