



Daily Mindfulness Practices

Simple practices to help you feel more grounded and focused each day.

Choose and circle 1-2 practices to focus on this week. Keep it simple.

Check in with your body

Before getting out of bed, take a moment to notice how your body feels. Where do you feel tension, ease, or any noticeable sensation? Gently ask yourself, *"What is my body trying to tell me?"*

Befriend your breath

Your breath and state of mind are connected. For one minute, observe your breath just as it is, without trying to change it. Notice where you feel it most as you inhale and exhale.

Pause between tasks

Between meetings, appointments, or daily tasks, take a brief pause. Notice your breath and give your body a moment to reset before moving to the next task.

Eat and drink with awareness

Before eating, pause to acknowledge your food. Notice the smell, appearance, texture, and taste of your first bite. Allow yourself to be present, even if you're eating by yourself.

Wind down with awareness

Before falling asleep, bring your attention to your breath. Notice areas of tension or relaxation in your body. Let this be a moment to gently unwind.

Practice self-compassion

When your mind wanders, respond with patience. Your mind is doing what it's designed to do, so there's no need to judge it.

Start with one practice today.

Over time, consistency creates more steadiness and clarity.

Ready for more support?

Join The Inner Light Circle or book a Clarity & Capacity Call to get started

[Join The Inner Light Circle](#)

[Book a Clarity & Capacity Call](#)

Simple tools to help you feel more grounded, focused, and in control of your day-to-day life.