1-minute Mindfulness Meditation

One minute
Sixty little moments to breath
On purpose

Without judgement
Enjoy this one
And this one
And this
Bringing stillness
Tick tick tick
Remember that this moment isn’t permanent
This is a new moment
A fresh moment
With new perspective
Sixty little moments to make a choice
Moments to bring in mindfulness
Sixty little moments to be different
To change from negative thinking to positive thinking
To change from a fixed mindset to a growth mindset
Change is good
Change is necessary for growth
Just sixty little moments in which to grow.