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.