**A, E, I, O, U, Y**

**Mindfulness Practice**

Practice using the vowel guidelines to create structure and improve your intentions for the day.

Abstinence- abstain from something…don’t listen to the negative voice, don’t let the negativity take over, be mindful of your inner voice and the way you react, be intentional with what you will abstain from…thoughts, mindset, cussing, anything that feeds the negativity

Exercise- some kind of movement

Inward- today I’m going to do something for myself, even if its only 5 minutes

Other- do something for someone else anonymously, do a service out of the kindness of your heart with no expectations from others

Unexpressed Feelings- Feel the emotions and anger…Identify where the emotion feels in your body, breath and release the emotions, visualize the emotion leaving your body…don’t resist it, try to avoid it or stuff it…feel it and release it

Your Why- Why am I grateful today? Why am I trying to improve and make positive changes?