

# Mindful Activities

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1

Guided meditation:  
A practice of focusing  
and bringing awareness  
to present moment.

2

Mindful walking:  
A practice of observing  
and noticing the  
environment God  
created.

3

Mindful Prayer:  
A practice of  
being aware of  
God's presence.

4

Mindful Eating:  
A practice of paying  
attention to the  
experience of  
eating.

5

Nature observation:  
A practice of sitting in  
nature and listening  
to the sounds  
of Creation.

6

Gratitude practice:  
When you notice the  
positive things in life  
and express your  
gratitude for them.

