

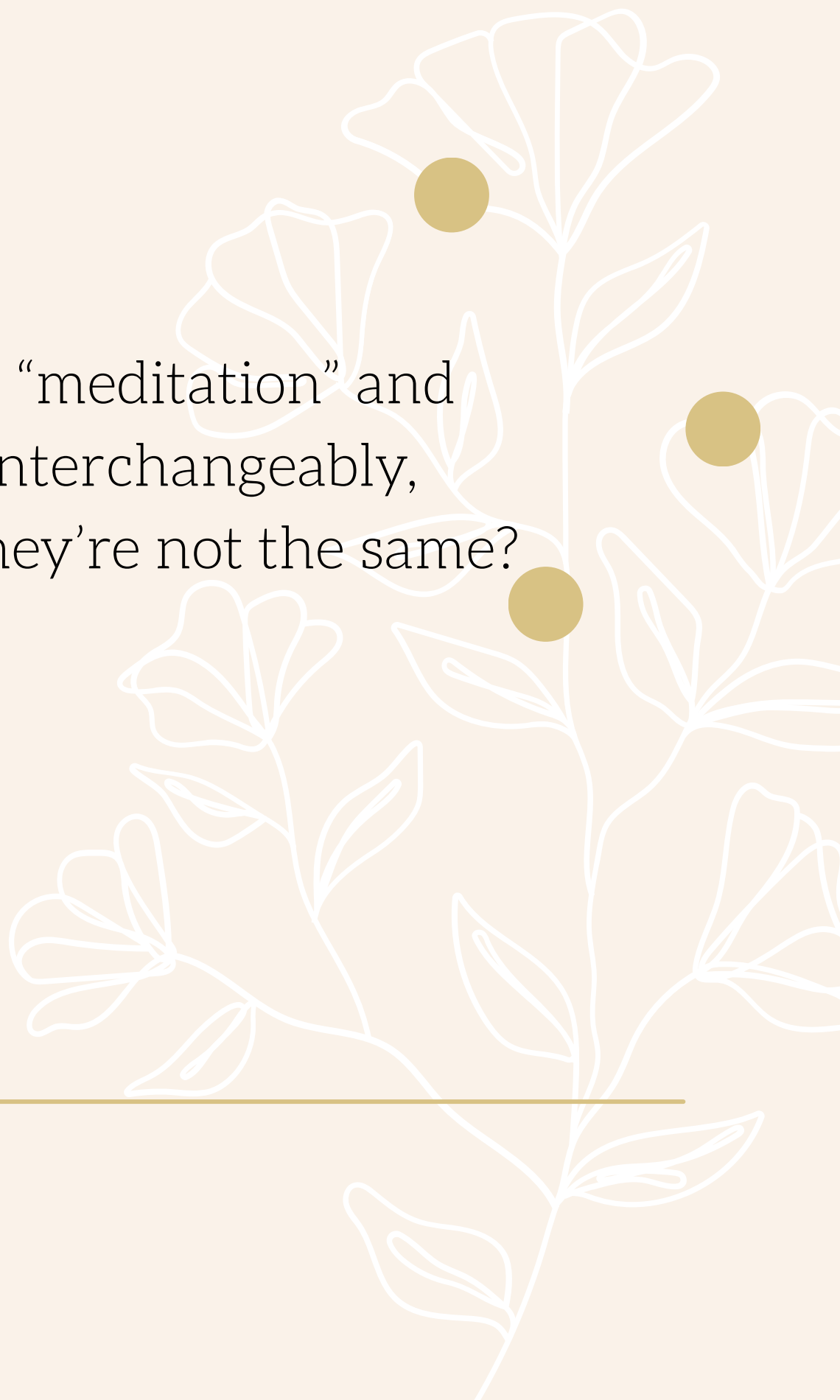
7 DAYS OF PRESENCE



A Mindfulness Practice

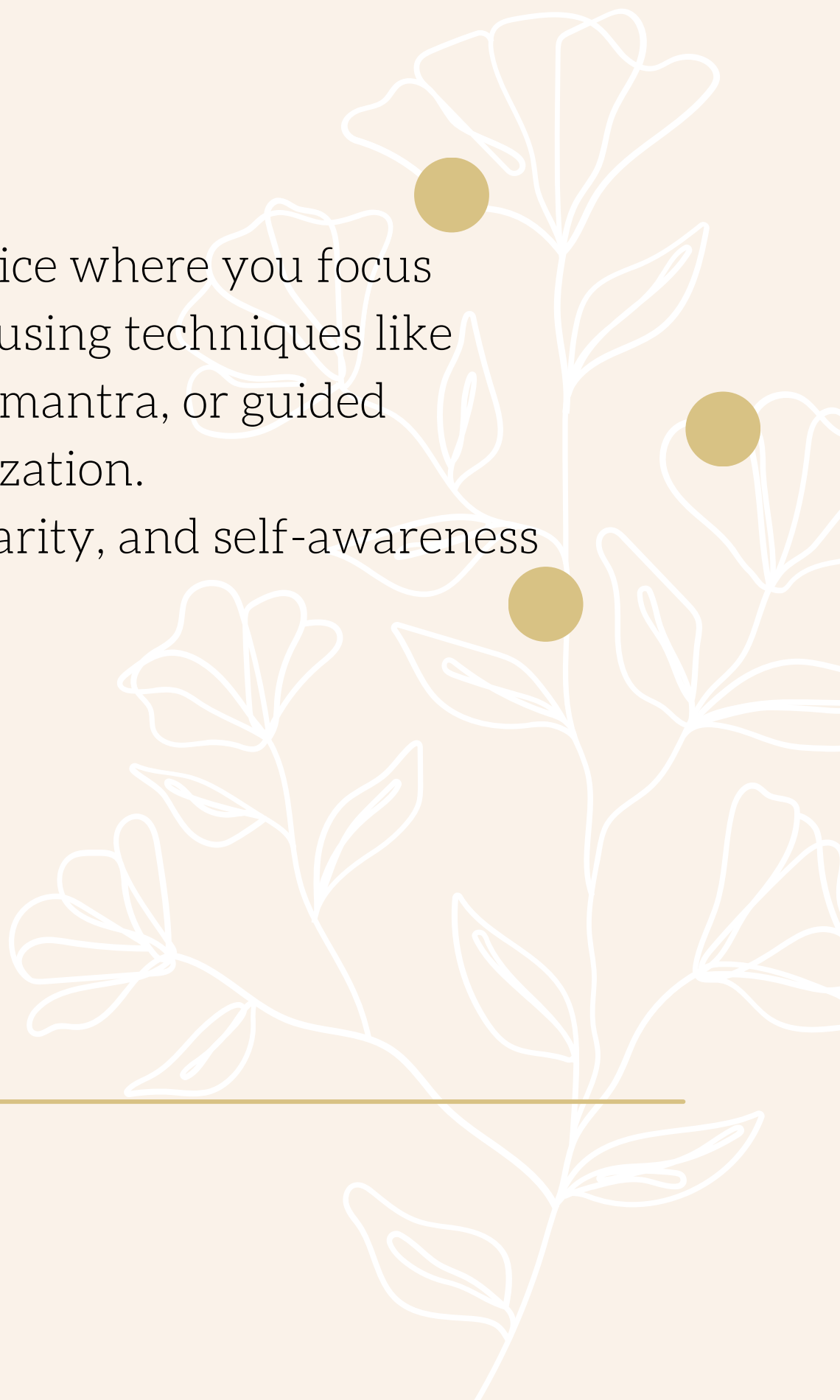
CENTERED ON PRESENCE & BEING IN THE NOW

Many people use “meditation” and
“mindfulness” interchangeably,
but did you know they’re not the same?



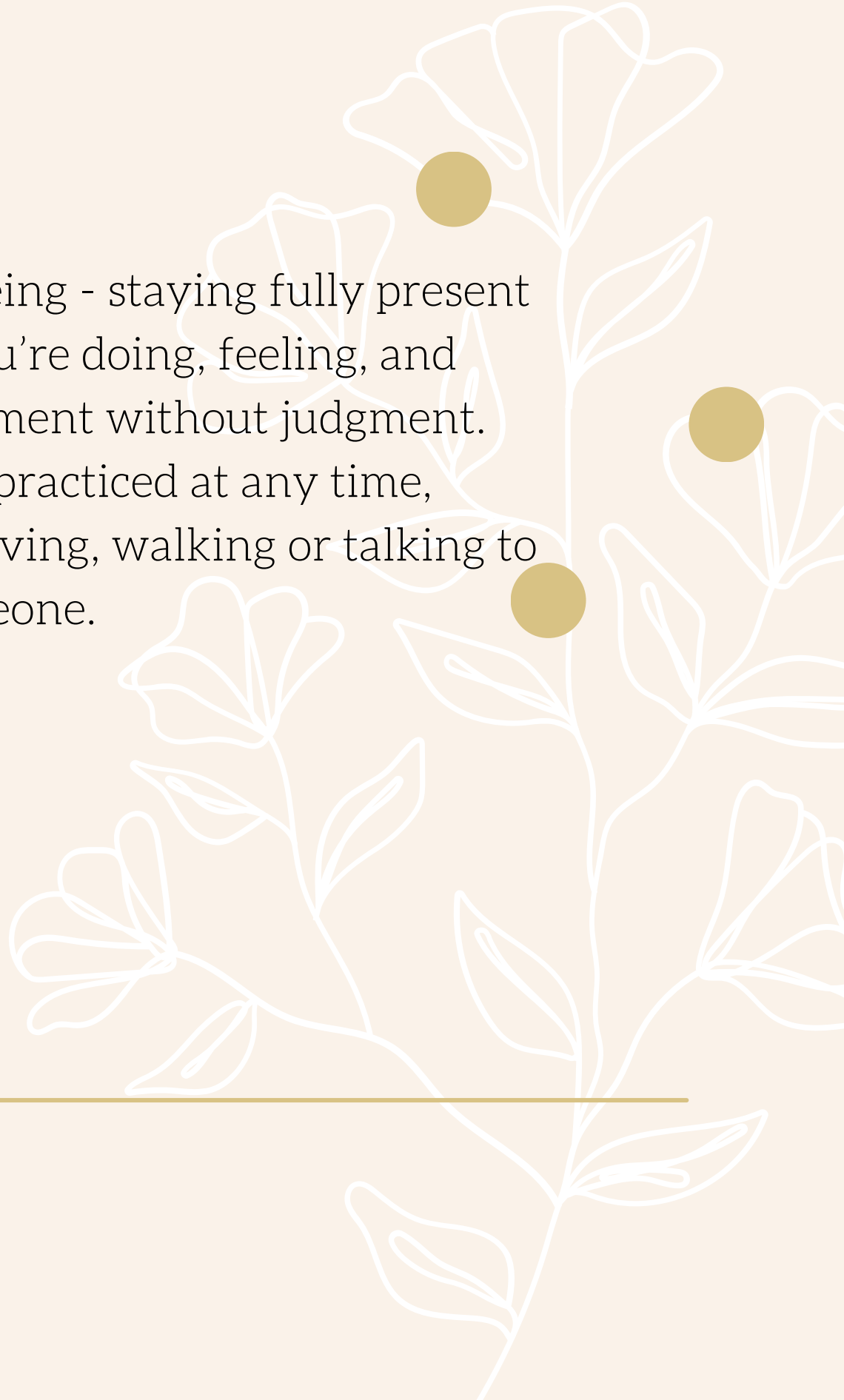
Meditation is a practice where you focus your mind, at times using techniques like deep breathing, a mantra, or guided visualization.

Helps with relaxation, clarity, and self-awareness



Mindfulness is a way of being - staying fully present and aware of what you're doing, feeling, and experiencing in the moment without judgment.

Mindfulness can be practiced at any time, whether you're eating, driving, walking or talking to someone.



Meditation is a dedicated practice
Mindfulness is a way of living

*“ true presence transforms ordinary moments
into profound experiences.”*

Thich Nhat Hanh - The Miracle of Mindfulness





Day 1 : Breathe Into Now

Practice:

Throughout the day , pause and **take three deep breaths**. Inhale deeply through your nose, exhale slowly through your mouth. Notice the air filling your lungs and the sensation of release. Let each breath ground you in the present moment.



Mindful Journaling- Day 1

Breathe Into Now:


- How did it feel to focus on your breath today?
 - Did you notice any changes in your body or mind after pausing to breathe?
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Day 2 : See What's Here

Practice:

Choose a moment to fully **observe your surroundings**. Notice colors, shapes, and movements without labeling or judging them. Whether indoors or outdoors, be fully engaged with what you see.



Mindful Journaling- Day 2

See What's Here:

- Describe something you noticed today that you've never paid attention to before.
 - How did observing your surroundings shift your awareness or emotions?
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Day 3:

Listen With Awareness

Practice:

Take a few minutes to **tune into sounds around you**. Notice distant and close sounds- birds, traffic, the hum of the wind ,your own breath. Listen fully, without reacting.



Mindful Journaling- Day 3

Listen with Awareness :


- What sounds stood out to you today?
 - How did it feel to listen without reacting or labeling?
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Day 4: Feel What You Touch

Practice:

As you go about your day, bring full attention to **physical sensations**- the warmth of a cup in your hands, the texture of fabric, the feeling of your feet on the ground. Engage with these sensations fully.



Mindful Journaling- Day 4

Feel What You Touch :

- Write about a texture, sensation, or physical experience that stood out today?
 - How did bringing awareness to touch change your experience?
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Day 5: Savor Each Bite

Practice:

During a meal or snack, **eat without distractions**. Notice the flavors, textures, and aromas. Chew slowly. Be fully present with your food.



Mindful Journaling- Day 5

Savor Each Bite:


- Describe your experience eating mindfully today.
 - How did slowing down and paying attention to your food change your perception of taste or satisfaction ?
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Day 6: Move With Intention

Practice:

Whether walking, stretching, or doing a simple task, move **mindfully**. Feel your feet on the ground, your muscles engaging, and your body in motion. Be present in every movement.



Mindful Journaling- Day 6

Move With Intention :


- How did being fully present in your movement feel?
 - Did you notice anything new about your body or posture when moving mindfully?
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Day 7: Gratitude In The Now

Practice:

Pause and name three things you're **grateful** for in this moment. They can be simple- a deep breath, the warmth of the sun, the sound of laughter. Let gratitude anchor you in the present.



Mindful Journaling- Day 7

Gratitude In The Now:

- List five things you are grateful for today.
 - How does gratitude help you feel more present?
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