









pleasure  
grateful  
mindfulness

**MINDFULNESS AND MOOD**

1. REDUCES ANXIETY
2. REDUCES STRESS
3. INCREASES EMOTIONAL STABILITY
4. CULTIVATES EMPATHY
5. INCREASES HAPPINESS
6. INCREASES OUR LIABILITY
7. BOLSTERS SELF WORTH

grateful pleasure

**MEDITATION** SELF-ESTEEM

1. Use Consciously
2. Self-Acceptance
3. Self-Responsibility
4. Self-Awareness
5. Living Purposely
6. Personal Integrity

pleasure  
moment  
grateful  
mindfulness

pleasure  
grateful  
mindfulness

**MINDFULNESS AND PERFORMANCE**

1. INCREASES FOCUS
2. HELPS MANAGE FEAR
3. INCREASES RESILIENCE
4. REDUCES STRESS
5. IMPROVES SLEEP
6. BOOSTS WITH WILLPOWER





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