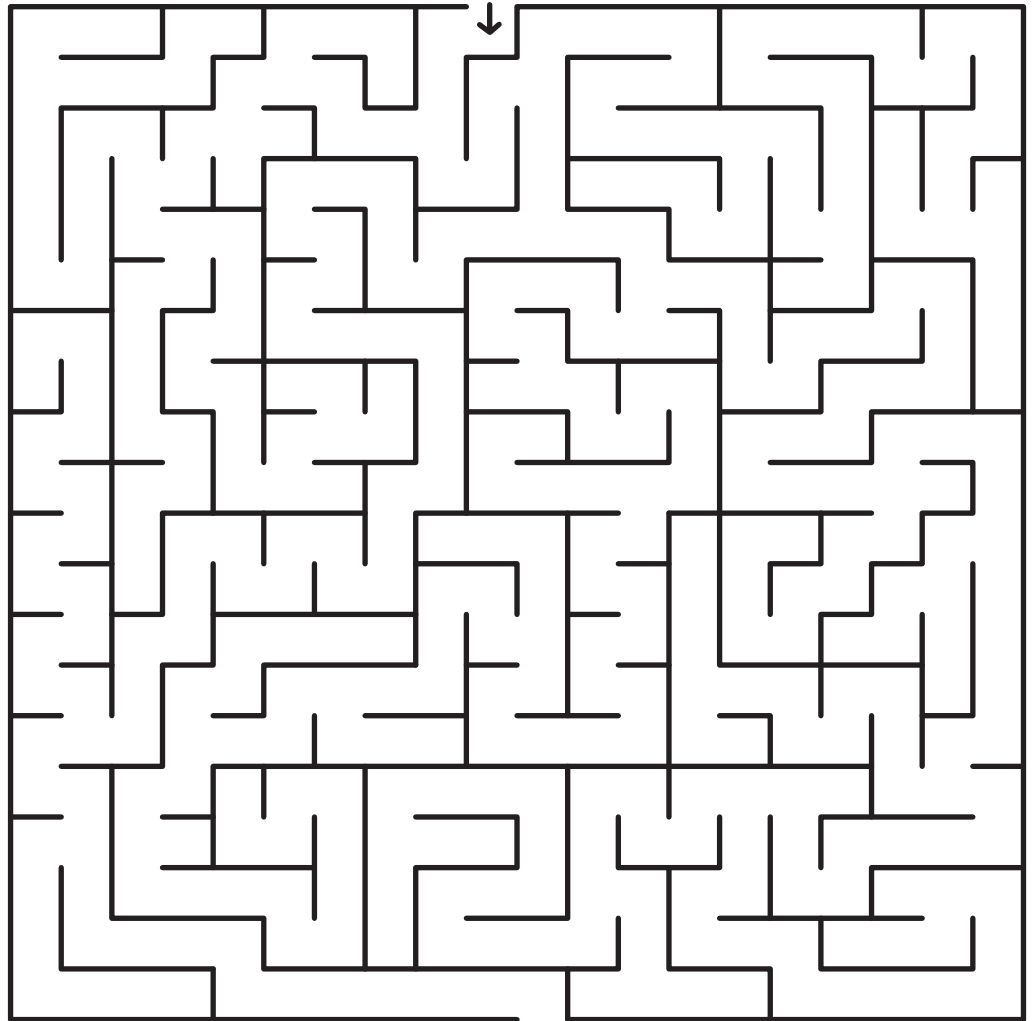
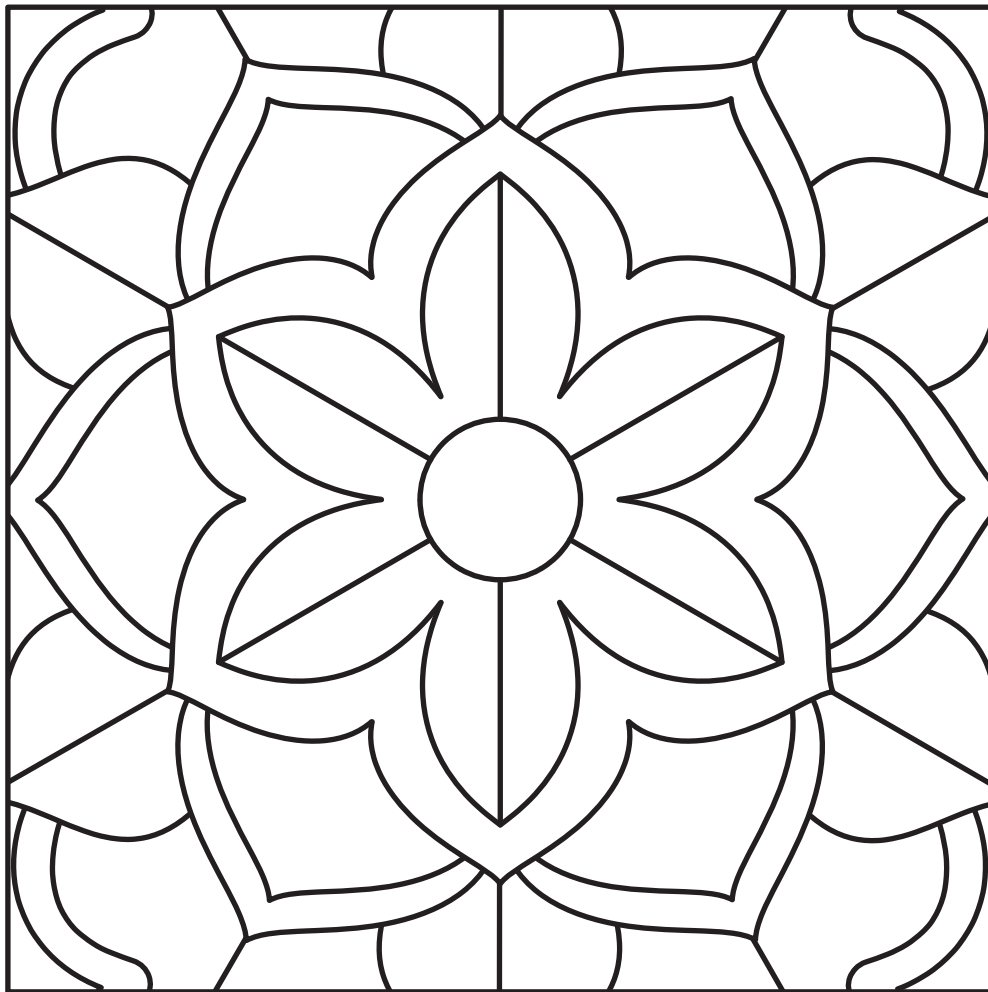


MINDFUL

— Mats —

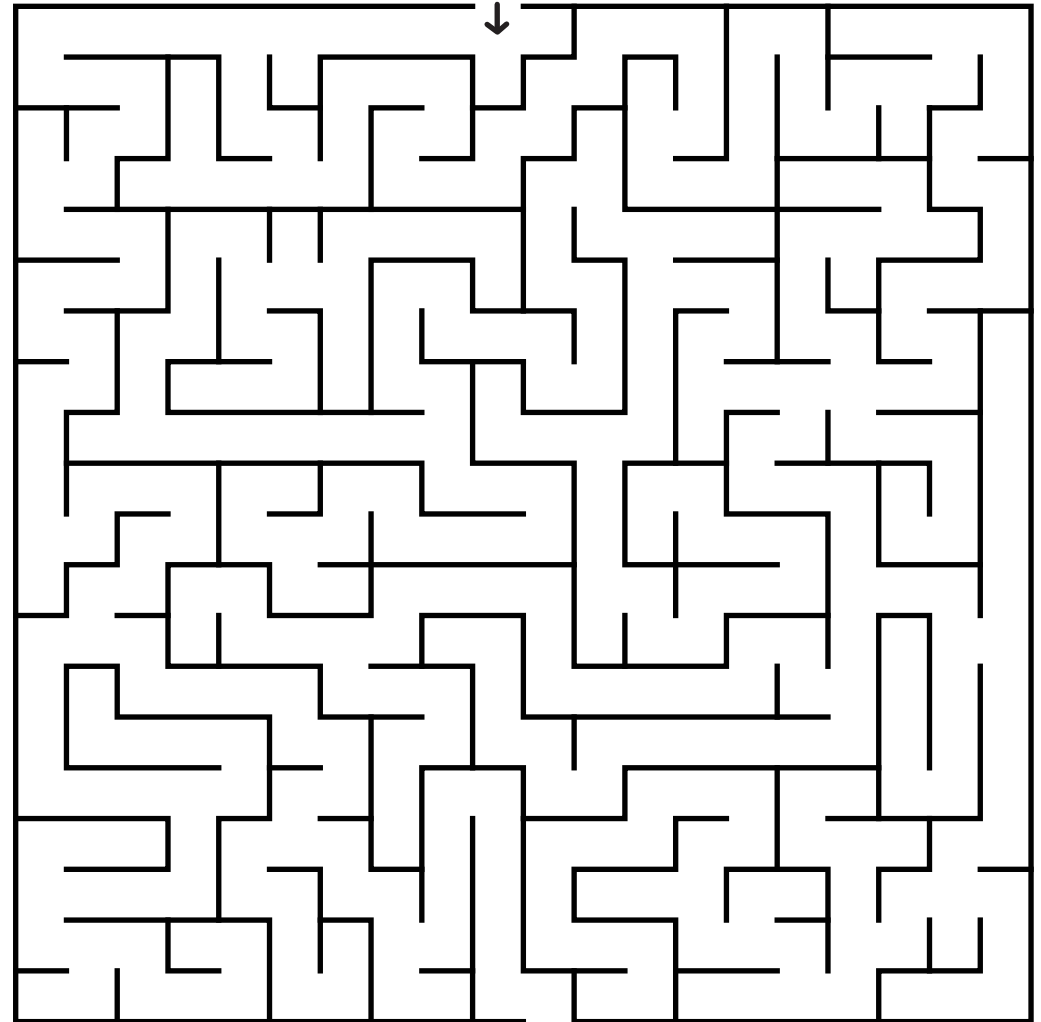
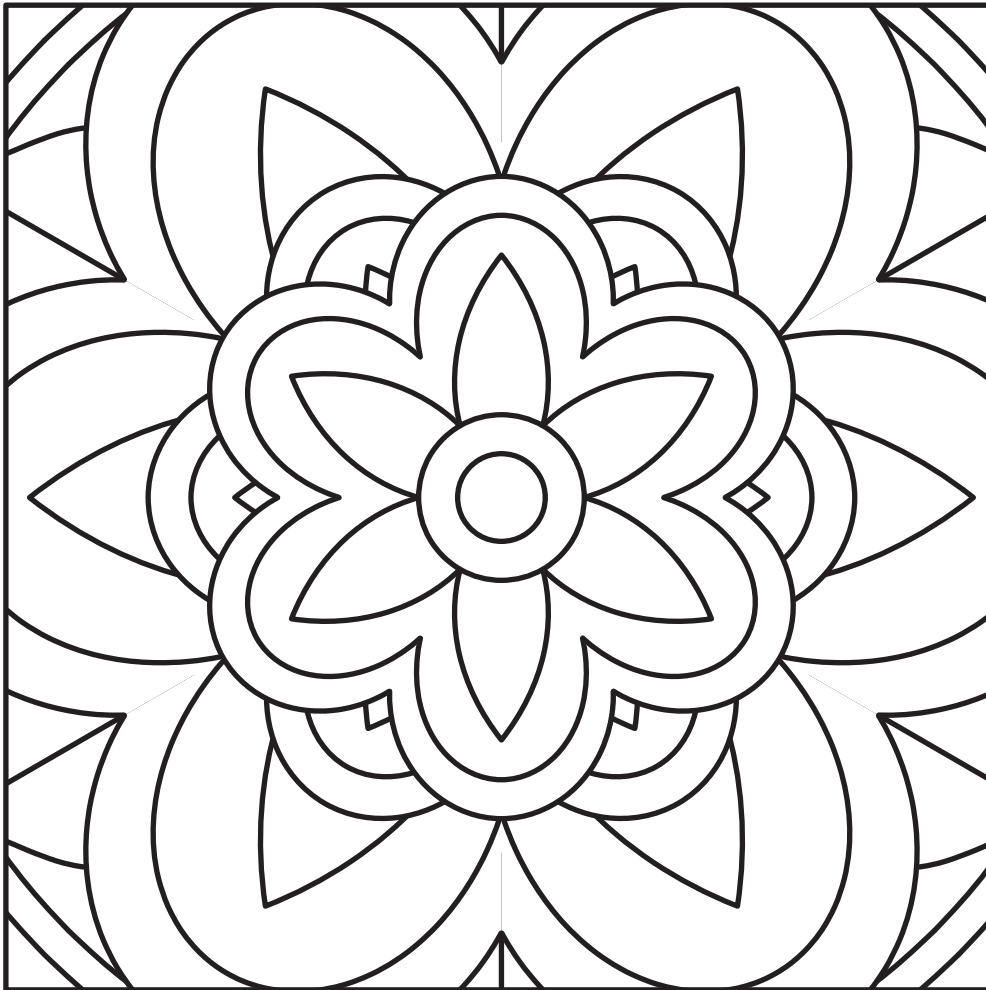
List 1 thing you can see, hear, touch, taste and smell right now.



MINDFUL

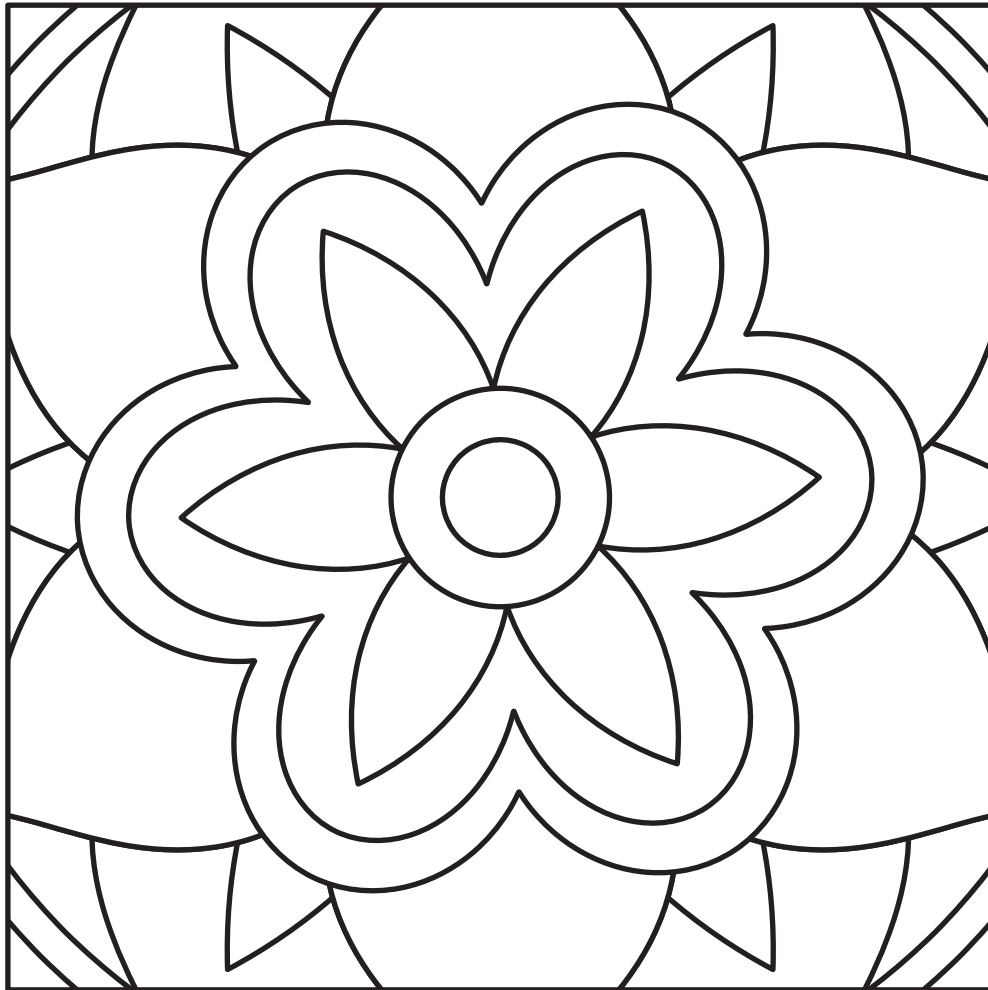
— Mats —

Today I will enjoy nature by...

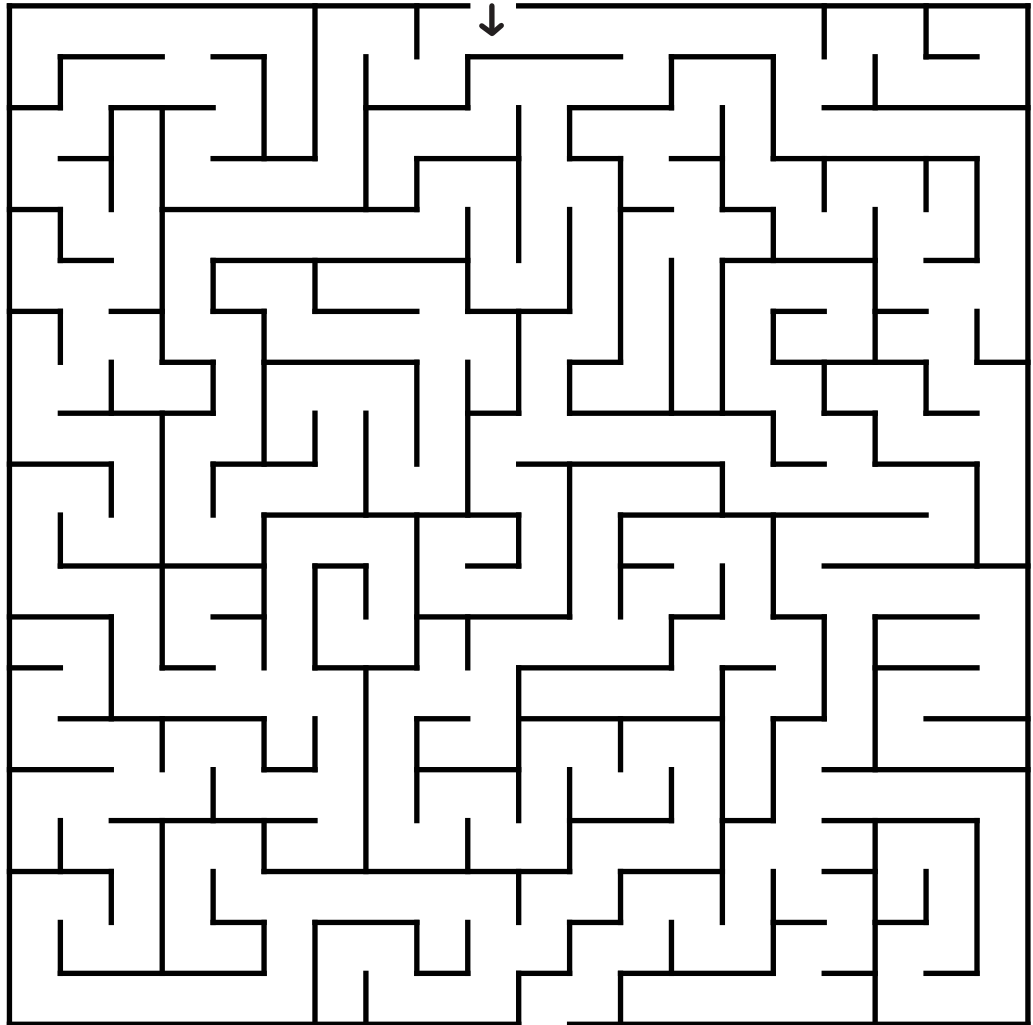


MINDFUL

— Mats —

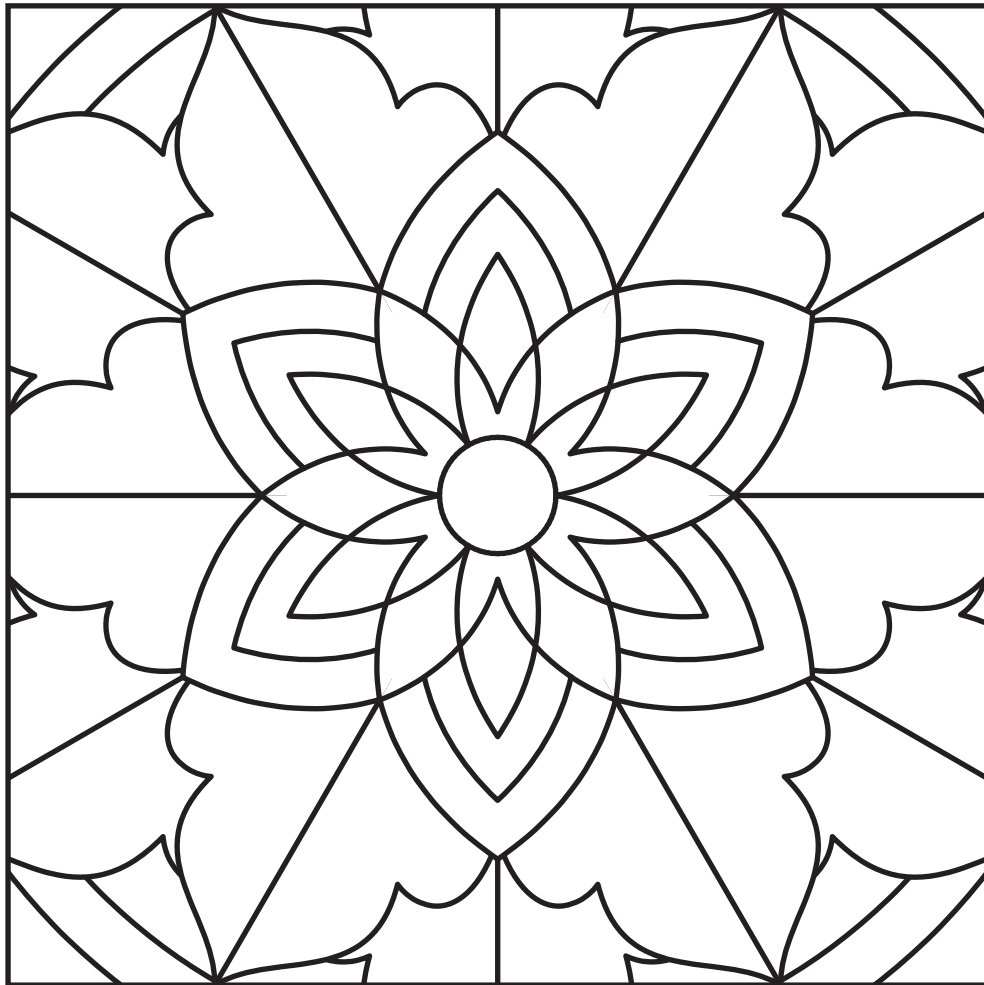


I am grateful for...

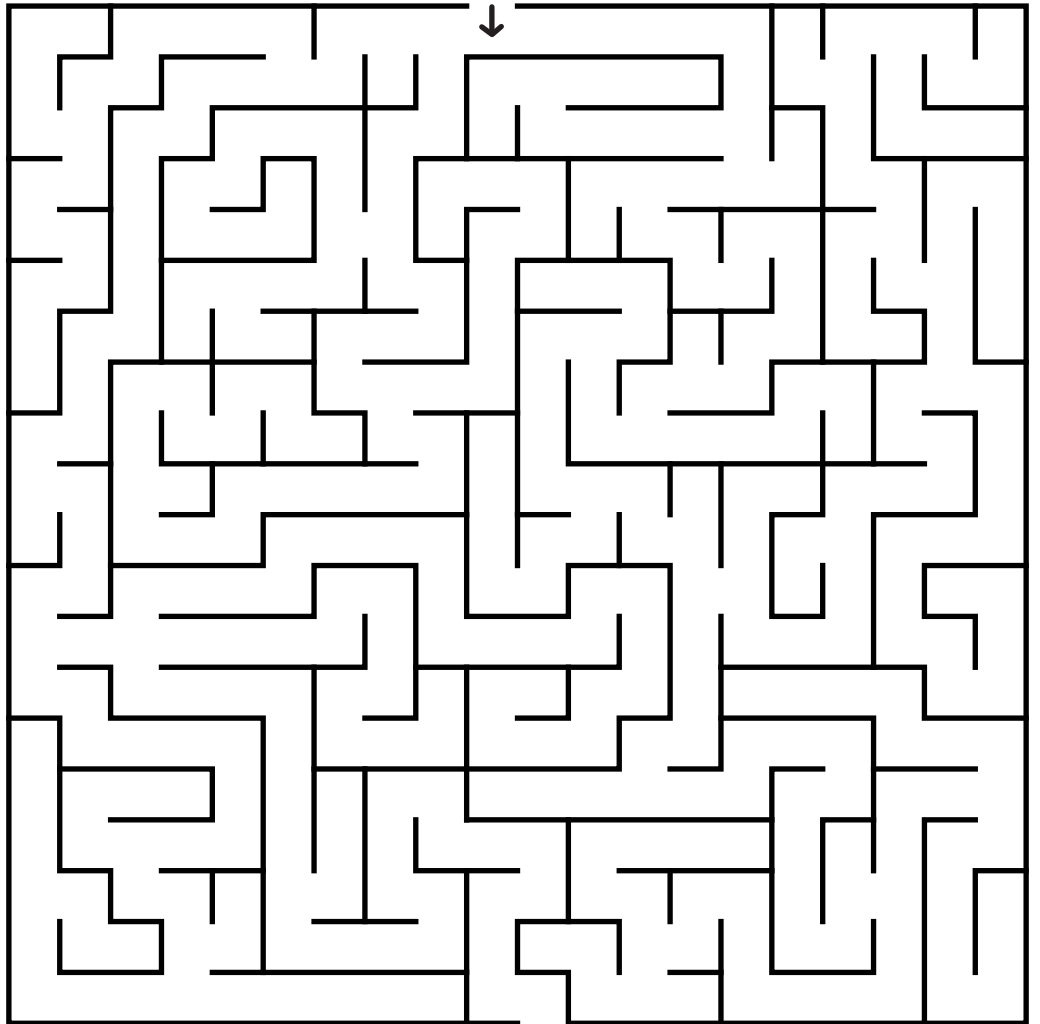


MINDFUL

— Mats —



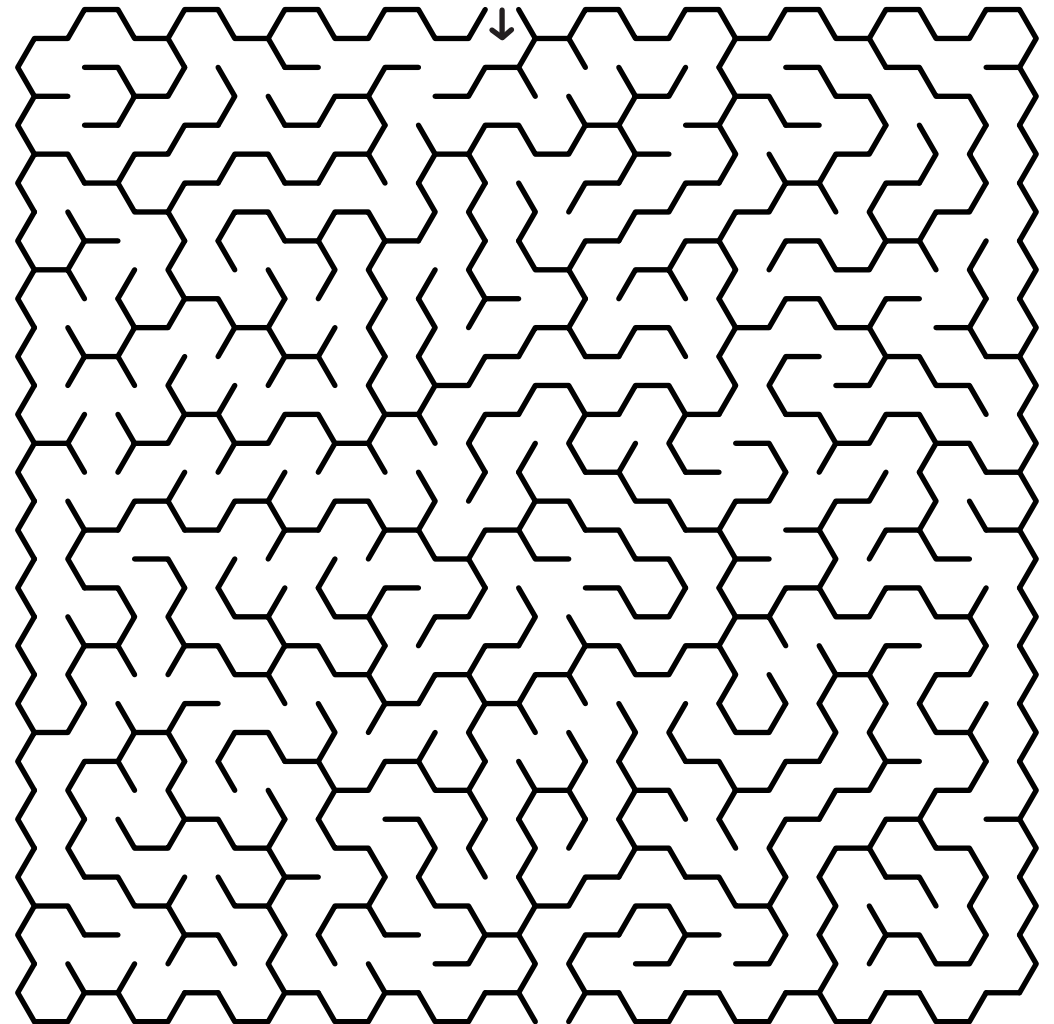
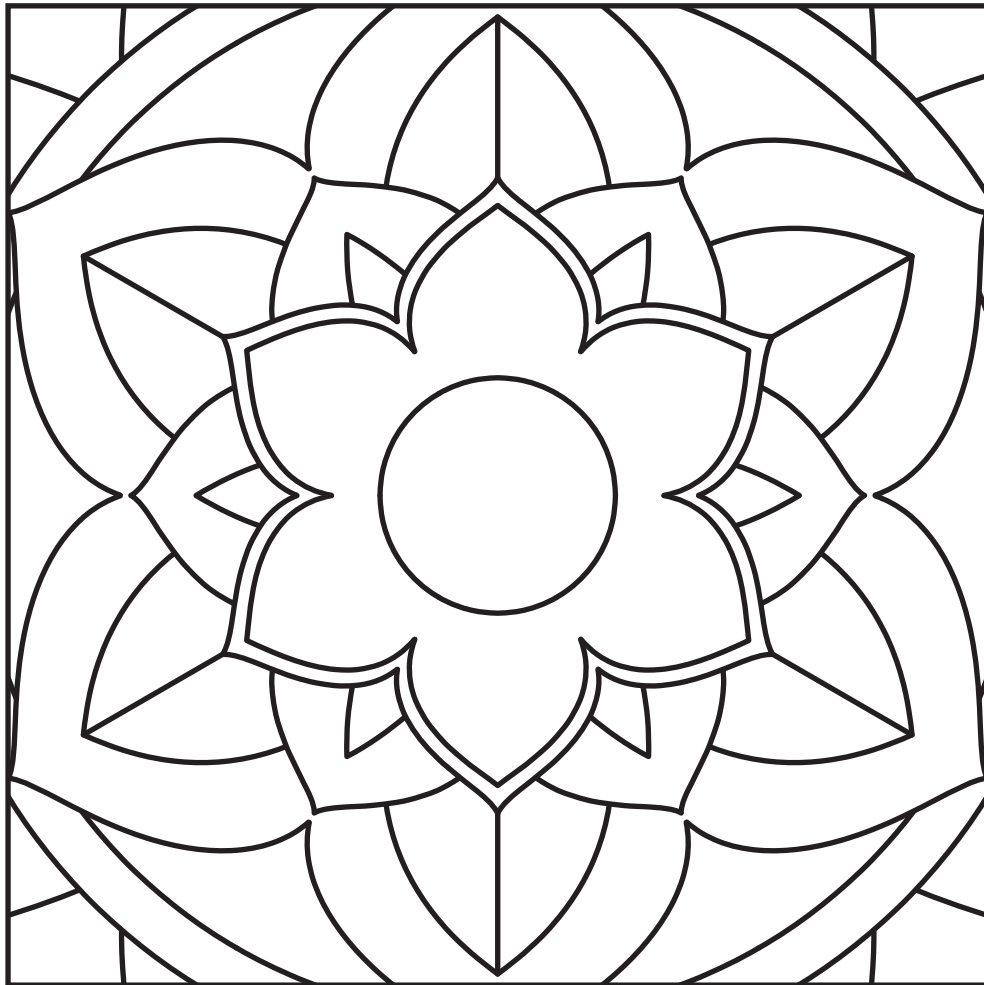
List 3 relationships you cherish.



MINDFUL

— Mats —

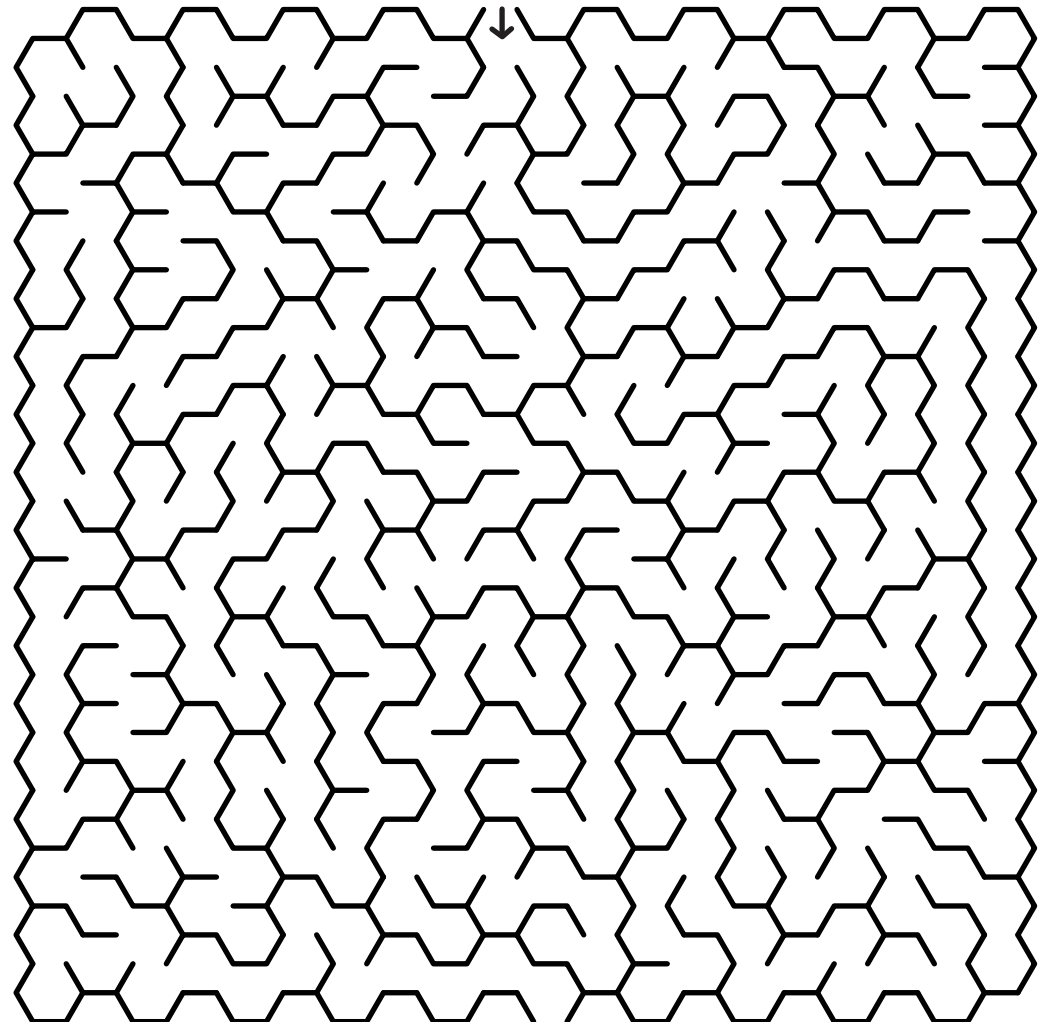
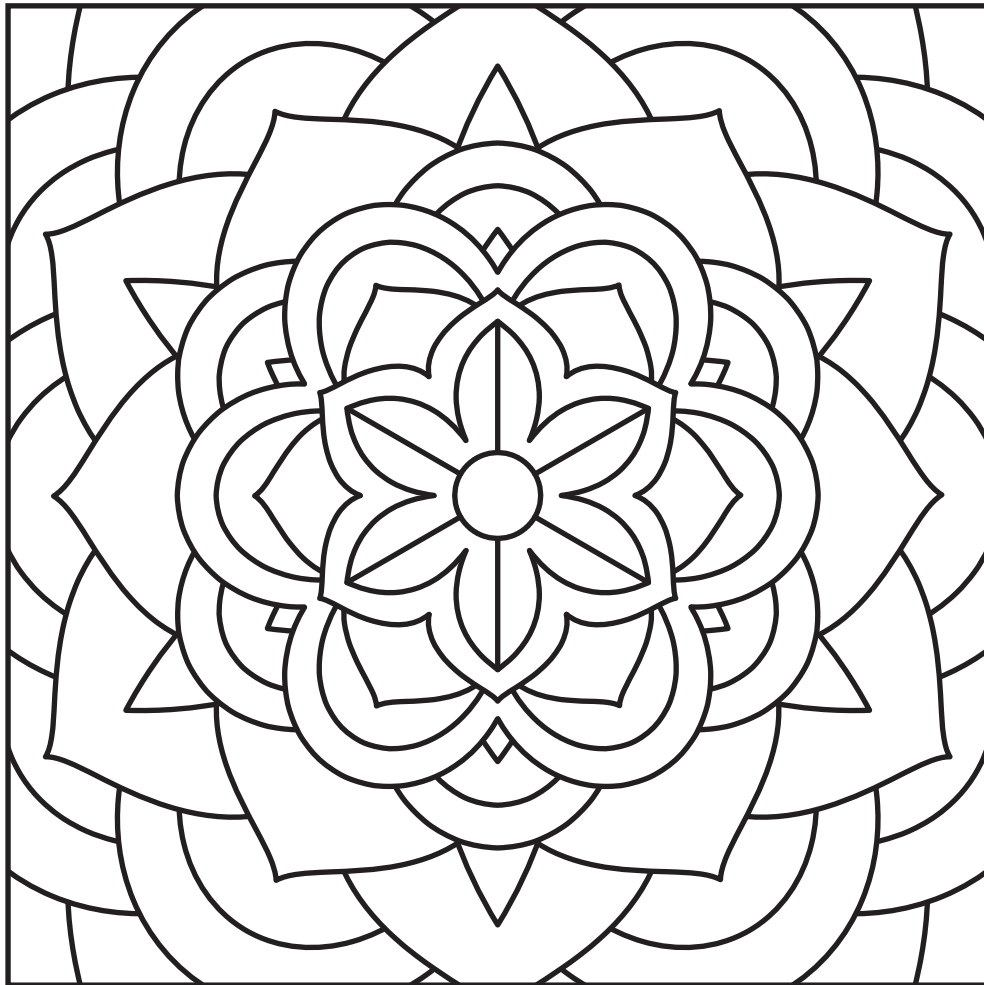
Describe one of your most treasured memories. What makes it so special?



MINDFUL

— Mats —

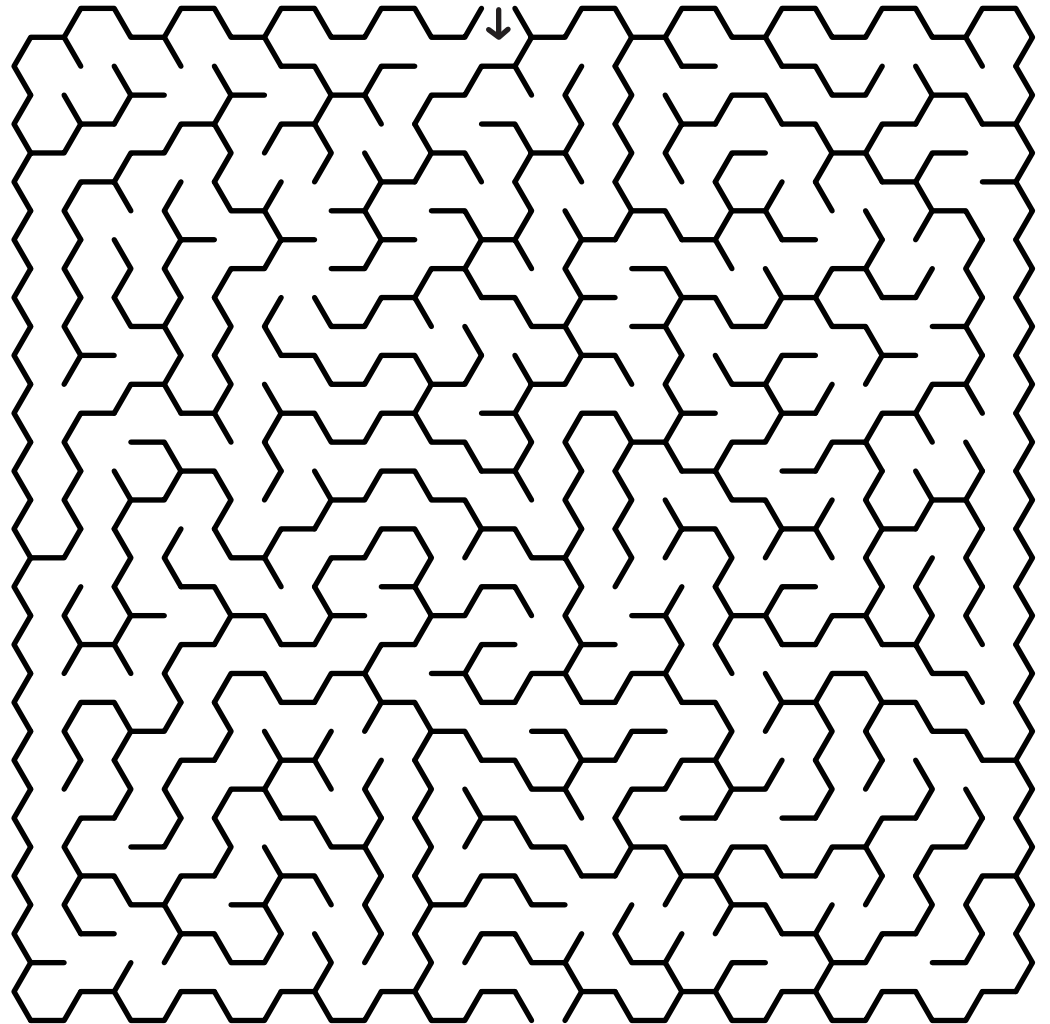
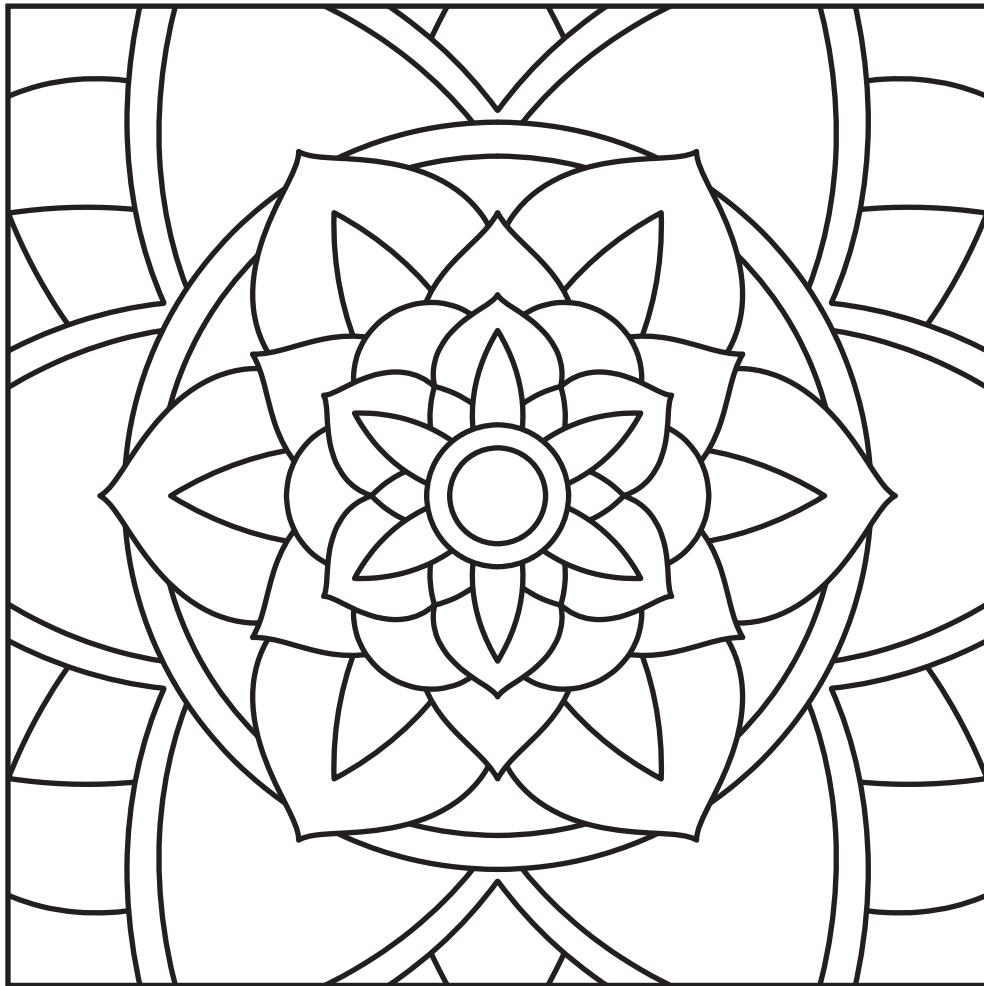
List 3 things that make you laugh.



MINDFUL

— Mats —

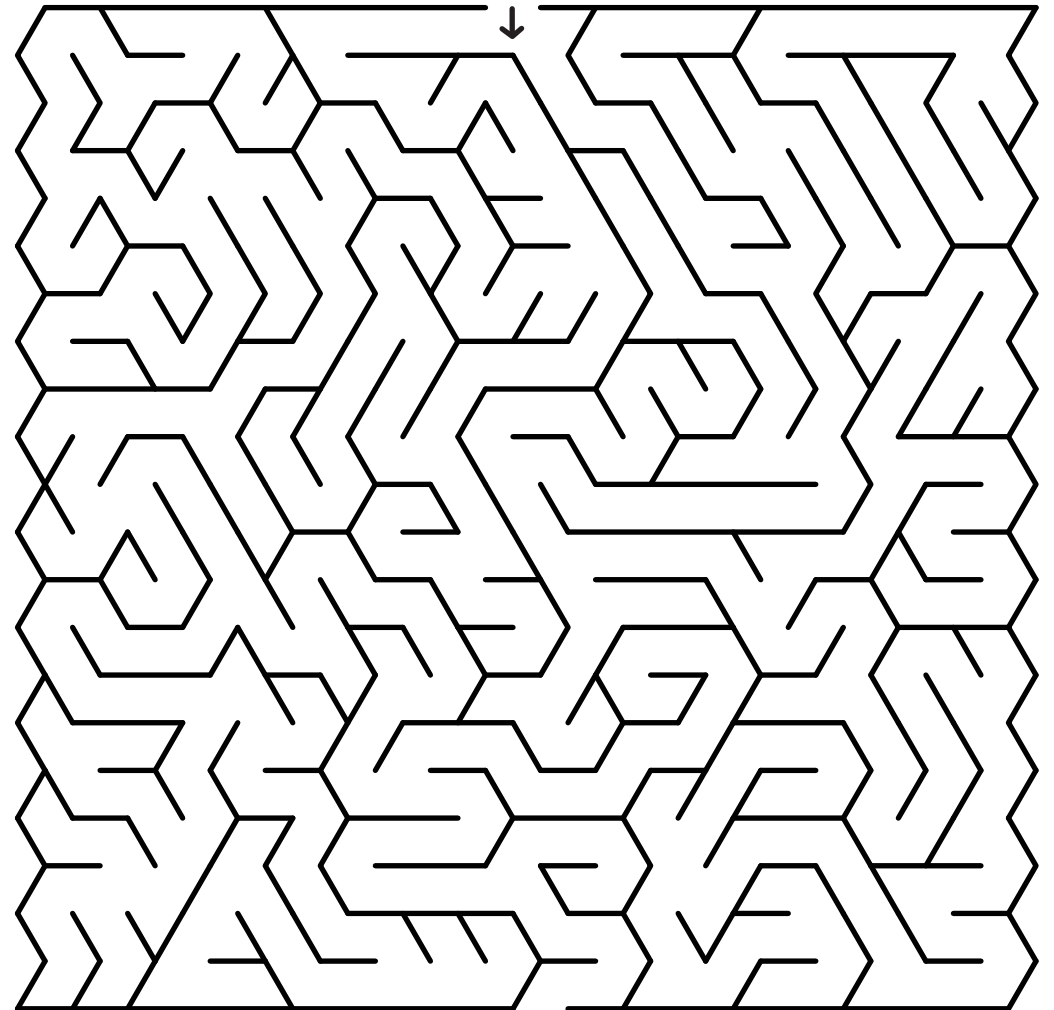
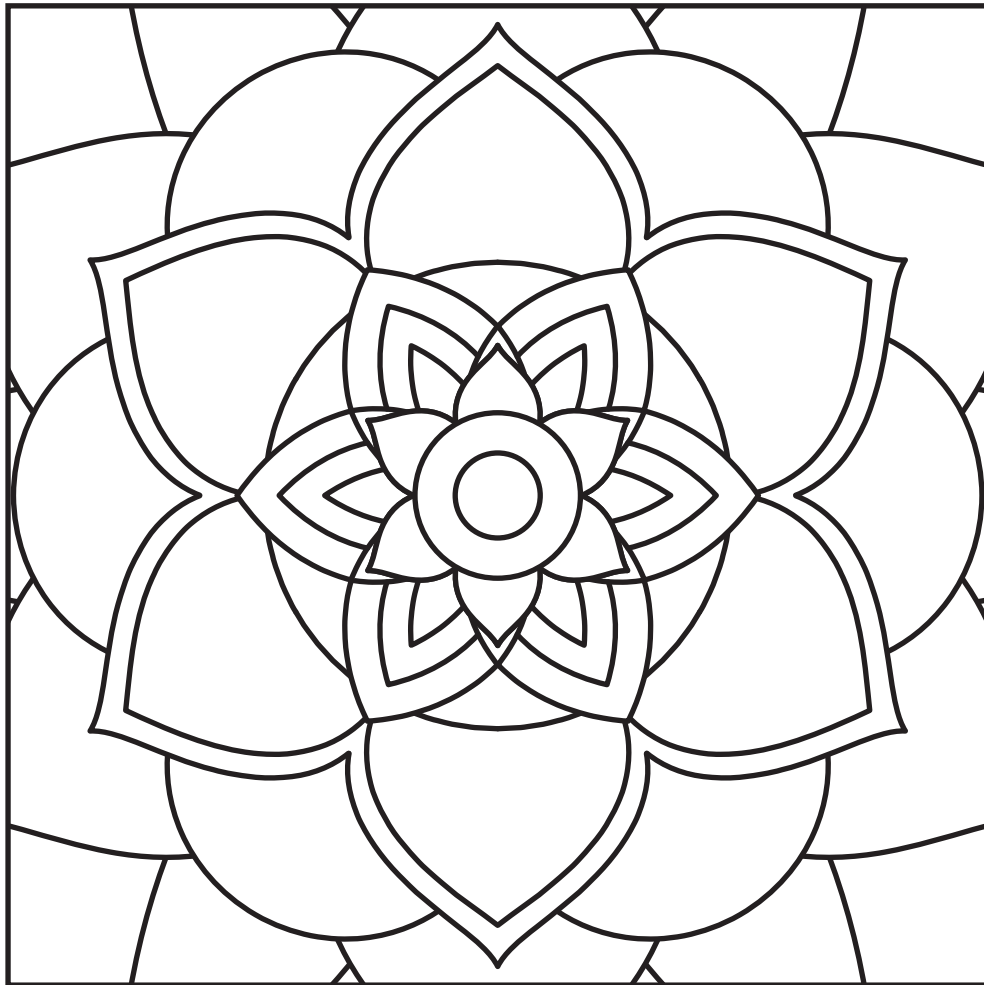
I am grateful for my talent in...



MINDFUL

— Mats —

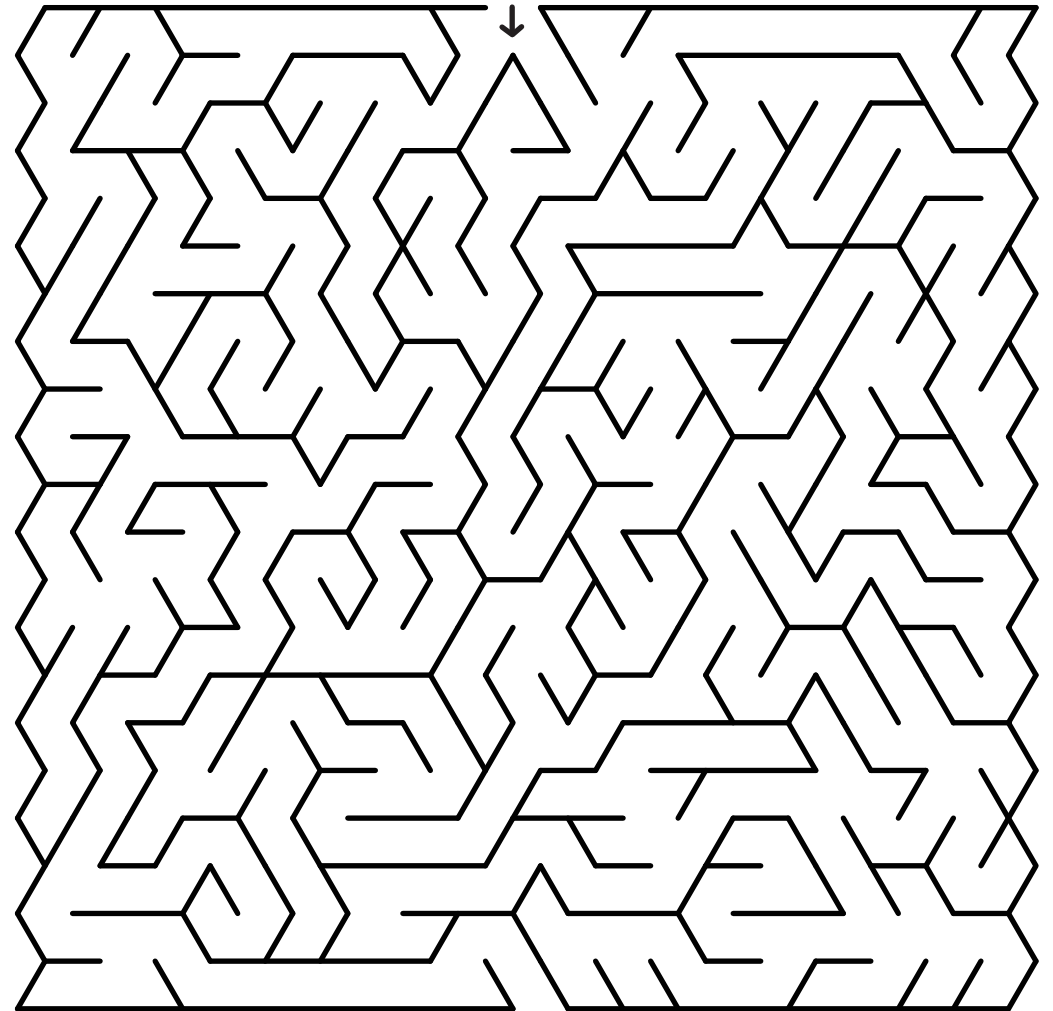
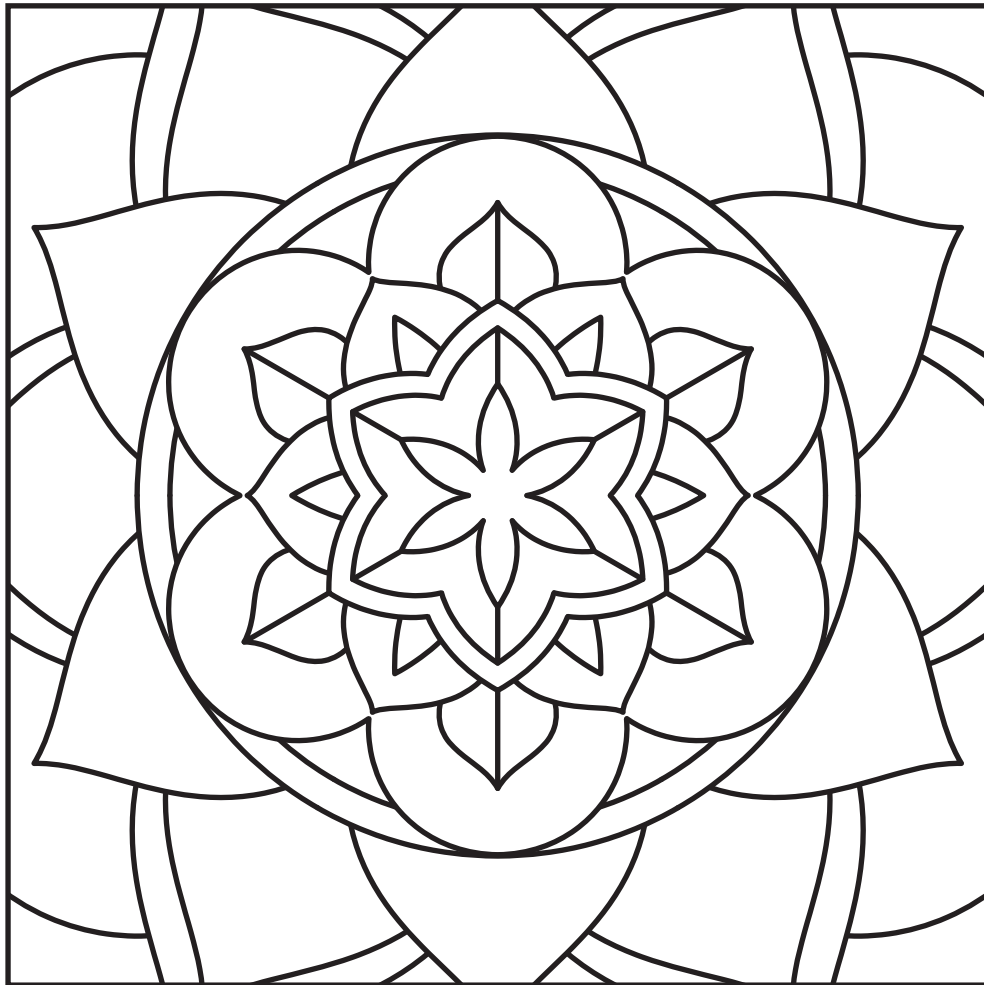
List 2 things you have never done but would love to try.



MINDFUL

— Mats —

What are 3 things that might scare others but don't scare you?



MINDFUL

— Mats —

What is a song you enjoy and how does it make you feel?

