

December Activity Cards - Week #1

1. Notice how "free" you are feeling in this moment.

THE
visible
self

2. What do you want for this moment? Any answer is fine. It's a good grounding question to ask yourself.

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self

3. Where have your thoughts been this last hour? ...On what you want to do... Or what you feel like you have to do.

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4. How is your container doing in this moment? Is it full enough to proceed with all that you are trying to do? Do you need a break?

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5. Say this to yourself:

"My needs matter along with everyone else's. I deserve to take care of myself AND my responsibilities."

THE
visible
self



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MINDFULNESS TO YOUR DOORSTEP

These are digital versions of the activity cards that are included in your Monthly Box. Keep one card in your phone case, wallet or pocket (or wherever you will encounter it frequently), and read/consider it for a few moments, ideally five times per day. Use the cards for the above referenced week, on five of the seven days in that week. See the Introduction Letter for more information and guidance.