Mindfulness 120 Name:

BREATHE - Letter H

1. H - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Practice healthy mind habits to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_stress and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ inner strength.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ habits will take you to where you want to go.
4. Use your breath as an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. We can choose to be mindful and to be more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and empowered.
6. We are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and more empowered when we are fully aware of the present moment.
7. We are less likely to get pushed around by our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ thoughts and feelings.
8. We can make better \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and take better care of ourselves.
9. Every time we \_\_\_\_\_\_\_\_\_\_, check in, and really pay attention, we can find our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ balance.
10. ACTIVITY: Designed to “Re-Mind”

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_