

# Mindfulness for Busy People

**NOW**

**Notice**

Where my attention is.

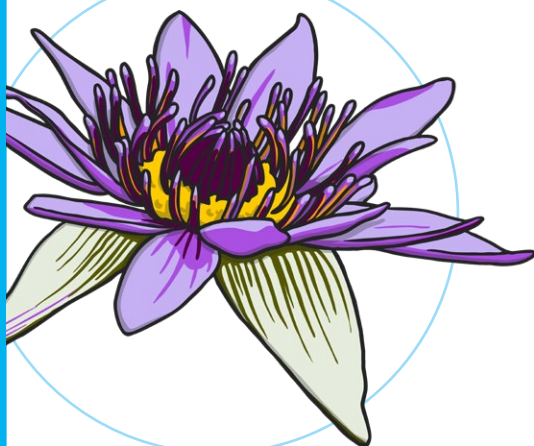
Choose an activity to do mindfully throughout the day, for one, two or five minutes. For example: Drink a cup of tea. Walk. Wash the dishes.

Whatever you are doing, be in that moment, right now. See, hear, smell, touch, feel and breathe in the moment.

Notice whenever other thoughts and sensations come to mind, acknowledge them, and let them go. Then re-focus on your chosen mindful activity.

Be patient and compassionate with yourself. You are doing wonderfully.

It is as it is and as it should be.



**Observe**

What I'm doing. Think: "I am walking", "I am sitting", "I am breathing", then notice those sensations in your body.

**Wise Mind**

What now? How shall I continue? Doing or Being?

**'Everything Flows. Nothing is fixed.'**

- Heraclitus



visit [twinkl.com](https://www.twinkl.com)