

Mindfulness Reminder Cards

PUT WHERE YOU CAN SEE
WHEN YOU WAKE UP

**BEFORE
YOU GET UP,
LISTEN TO
THE SOUNDS
YOU CAN
HEAR.**

PUT ABOVE YOUR
KITCHEN SINK

**FEEL THE
TEMPERATURE
OF THE
WATER.**

PUT ON YOUR
BATHROOM MIRROR

**WHAT
ARE YOU
GRATEFUL
FOR TODAY?**

PUT ABOVE YOUR
MICROWAVE

**TAKE 3 DEEP
BREATHS.**

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PUT NEXT TO THE DESK
WHERE YOU WORK

**BEFORE YOU
SWITCH TO A
NEW TASK,
TAKE A DEEP
BREATH.**

PUT WHERE YOU MAKE
COFFEE OR TEA

**BREATHE IN
THE STEAM
FROM YOUR
HOT DRINK
AND ENJOY
ITS SCENT.**

PUT WHERE YOU
GET DRESSED

**PAUSE TO FEEL
THE TEXTURE
OF YOUR
CLOTHES ON
YOUR SKIN.**

PUT WHERE YOU CAN SEE
WHEN YOU GO TO SLEEP

**BEFORE YOU GO
TO BED,
REFLECT ON
THE HIGHLIGHT
OF YOUR DAY.**

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