



## Mindful Minutes Printable

### Staying Mindful Keeps Me Savvy!

...almost as well as Jack from *Pirates of the Caribbean*...

This is an interactive affirmation exercise.

Grab your pen and paper or journal to jot down your notes and thoughts!

Although my mind sometimes wanders, I realize the importance of keeping mindful and staying present. When I am present, I remain abreast of things that can either help me now or impact my future in powerful ways.

Being mindful of the people around me and to my environment helps keep me savvy and safe!

I am mindful of my environment, which can make the difference between feelings of dissatisfaction with my day as opposed to experiencing one of my best days ever. Being tuned in to situations like weather factors, traffic issues, and community events ensures I have a smooth and productive day.

Focusing on what others say and do teaches me new things about life – my own, and life around me.

If I encounter a friend experiencing personal crisis and I listen to her words. I reflect on the events and remain compassionate to my friend's situation. I ask myself how I may offer assistance, and what I may have to learn from her experience. When I remain clear and present, I gain fresh wisdom and new knowledge.

I am steadfast and focused in my efforts to be mindful.

Today, I pay close attention to what is going on around me and what others are saying.

**Self-Reflection Questions.**

1. How well do I generally remain mindful and attentive?
2. Do I tune in well to everyday happenings, like the weather and traffic, to determine how it might affect my day before I set out?
3. If I find myself wanting to be more mindful in a situation, what will I do?

