

Mindful Me Moments - Your Gentle Wellness Flow

This is a space for tuning in, not checking off. Use this as a daily compass, not a chore list.

Morning Anchor (5 minutes or less)

- One word for how I want to **feel** today: _____

- One small act of care I can give myself: _____

*> sit with cafecito without scrolling, stretch before standing, wear something that feels like *me*, light a candle before class, play a song that lifts me*

Midday Reset (Optional Pause)

- Am I holding tension? Can I breathe softer into that space?

- Can I step away (even mentally) and invite in ease?

- Add a note or doodle here if anything wants to be released or remembered: _____

> Not sure what to write? Try a whisper of a thought, a student's smile that made you pause, a phrase you heard that stayed with you.

Evening Check-In (Before bed or winding down)

- A moment I'm proud of or grateful for: _____

- A thought or feeling I'm ready to let go of: _____

- A small kindness I gave or received: _____

> a laugh with a coworker, a student's thank you, the way I made someone feel seen, how I showed up even when it was hard

Mindful habits aren't about doing more. They're about being with yourself more gently.

You give so much. This is your quiet return.