

# MINDFULNESS ACTIVITY #1



# CURRENTLY

YOUR MENTAL HEALTH MATTERS

HAPPENING IN LIFE

  
  
  
  
  
  
  
  
  
  
**LOVING**

  
  
  
  
  
  
  
  
  
  
**EATING**

  
  
  
  
  
  
  
  
  
  
**THINKING**

  
  
  
  
  
  
  
  
  
  
**MAKING**

  
  
  
  
  
  
  
  
  
  
**READING**

  
  
  
  
  
  
  
  
  
  
**HEARING**

  
  
  
  
  
  
  
  
  
  
**CELEBRATING**

  
  
  
  
  
  
  
  
  
  
**PLANNING**

  
  
  
  
  
  
  
  
  
  
**WATCHING**

  
  
  
  
  
  
  
  
  
  
**DRAWING**