

A BEAUTIFUL DAY STARTS WITH A  
BEAUTIFUL THOUGHT

# INVEST IN YOU

## *Mindfulness*

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*Investment gains  
are not always  
financial and yet  
may be the very  
best investment  
you make!*



# Every day wake up 5 minutes earlier and spend this time with yourself

**We all have the same amount of time each day and it is our choice in how this time is spent.**

**Regardless of who you are or what you do in your regular day to day, this fact is real for all of us. How we see the world is a perception of our hand picked thoughts. How our day will be and the attitude we apply to that day is decided by our first few thoughts, on that very day.**

**Our minds and our thoughts are very powerful. Investing time into your own mindfulness is investing time in you and may very well be the best investment you ever make!**



# Simple ways to get the Mindfulness train on it's way!

Ask yourself - What am I thinking?  
Why am I thinking this? How does this thought make me feel?

Here is just a few ways to start observing your thoughts and practicing mindfulness. It is quite fascinating observing yourself from within, feeling the mind and body connection. The more you know about you on the inside, the more powerful you will project to others on the outside.

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*A beautiful day  
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Do you ever find yourself flustered, disorientated, getting angry, losing control? Why do you think this is? How do you accept a situation that is so hard to accept? The answer, with mindfulness! Ask yourself - what could I have done to avoid this situation? How are my present thoughts making me feel? If the situation is unavoidable, then ask yourself - how am I feeling in this situation? Why am I feeling this way and how can I better the way I feel when I am in it? What steps do I need to make to be better? By being mindful you become well connected to the very essence of you as a being. By understanding yourself, you are able to manage a lot of life's challenges with a lot less stress. Less stress on the body, makes for a much healthier and more productive you, now and in the future. In the end can you really afford not to invest in the practice of

Mindfulness?