



PACE
Yourself

PAUSE

ATTENTION

COMPASSION

ENJOYMENT

TELL ME WHAT IS IT YOU PLAN TO DO
WITH YOUR ONE WILD
AND PRECIOUS LIFE?
- MARY OLIVER

MARY LINDA MCBRIDE
MINDFULRESOLUTION.COM

PAUSE

Intentionally pause throughout the day. Step outside, chat with a colleague, create "mindful rituals" between tasks or meetings.

ATTENTION

Build the muscle for focus and attention by starting or deepening a consistent meditation practice.

COMPASSION (SELF)

Treat yourself the way you treat a good friend. Make your internal voice kind. Don't believe everything you think.

ENJOYMENT

Remember the things you loved to do that brought you pleasure? Add at least one back to your day/week.