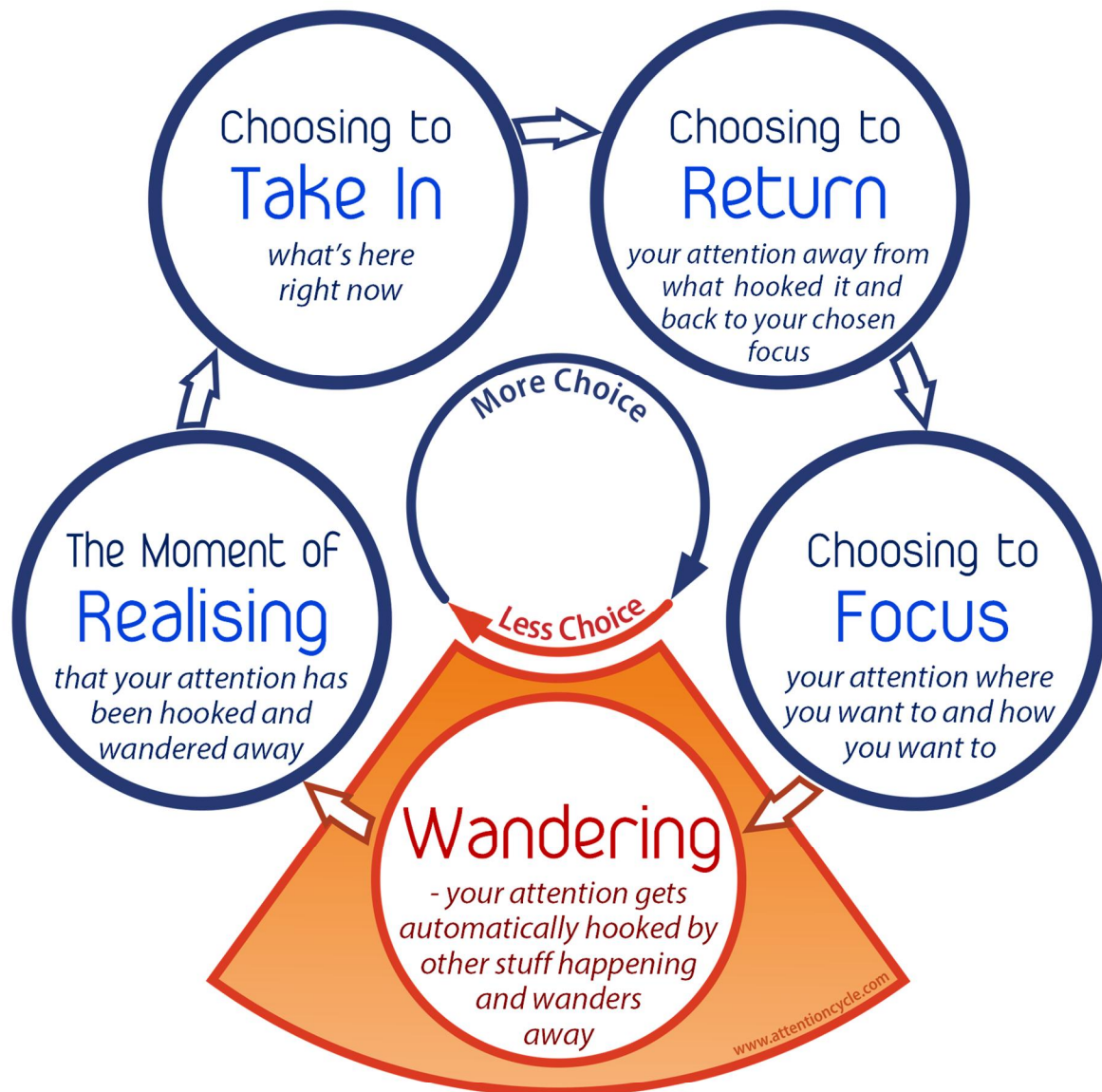


# THE ATTENTION CYCLE

Key Elements of Mindfulness Practice



Mindfulness is about being easy on yourself while choosing to wake up to what's here, right now.

## Why Cultivating Mindfulness Can Be Helpful

What's here this moment is here...

What's happening this moment is happening...

Mindfulness helps you press pause before acting out the automatic habitual reactions triggered by whatever is going on here and now. It also helps you step back and check out the bigger picture of what's really happening at this moment, while being a little easier on yourself.

This leads to more resourceful and resilient decision making, opening up wiser choices based on this broader understanding of what is actually going on right now.

This helps you make the mindful choices that take you towards doing what matters to you most.