



Postcards from the Loving Universe

19 Ways to be Mindful ~

**Talking on the phone
Making plans
Brushing teeth
Exercising
Writing letters
Driving
Going to the bathroom
Eating and drinking
Putting on and taking off clothes
Playing sports
Taking a shower
Washing dishes
Reading
Drinking tea or coffee
Chopping vegetables
Having sex
Making lists
Walking
Doing work**

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