

Mindfulness

MARCH 2017

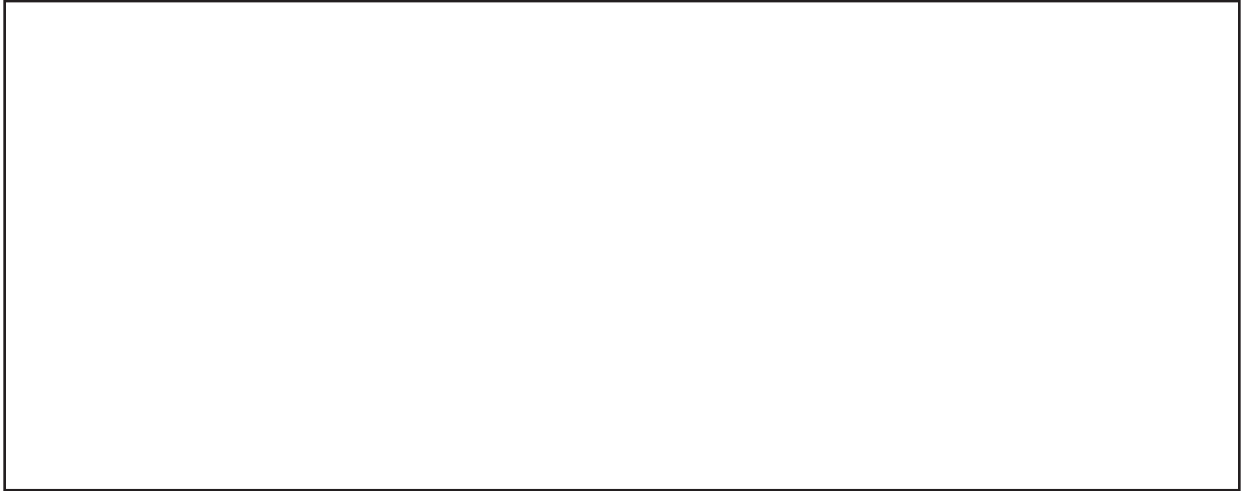
This month of practice is all about becoming aware of our surroundings in this new season. Spring is all about coming back to life after the slow and quiet days of winter. In early spring though it can feel as if the season may never arrive. Practicing either once this month or daily to answer these questions will help you become aware of how every day we stepping further and further into this bright and refreshing season. So even if the snow fell last night this simple 15-20 minute practice will help you counter those late winter blues.

I suggest doing this practice early in the morning particularly at sunrise with a cup of coffee or tea. Watching the world awaken alongside us is a great time to do this. It will set a positive intention for your day with very little effort.

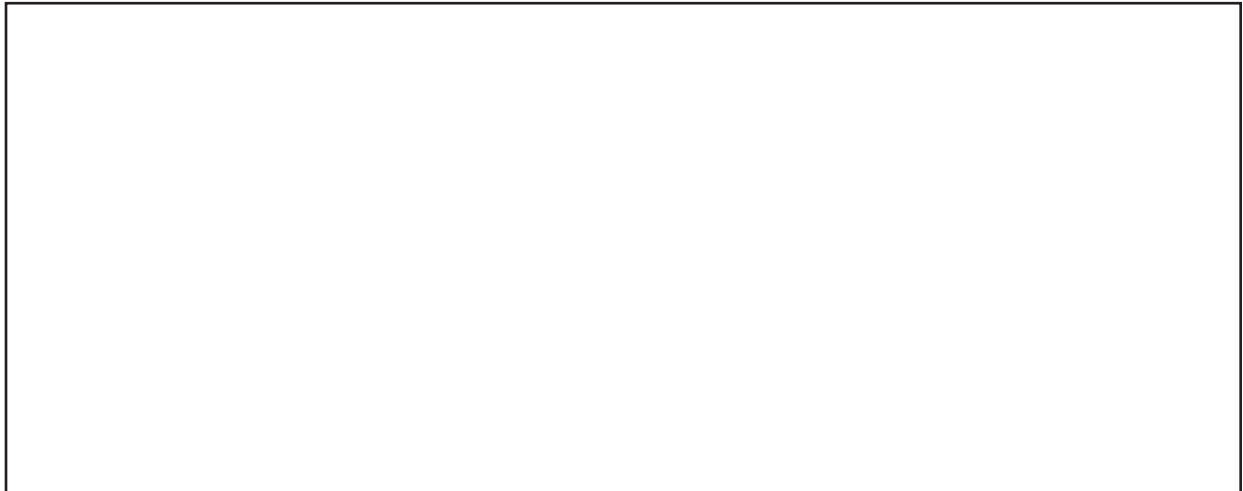
Write the answers below or you can place them in your journal. Share observations with us on Instagram and tag #IntentionalSeasons as you become aware of not only how your season is changing out your window but also inside of you as well.

WHAT IS HAPPENING OUTSIDE THAT IS CHANGING WITH THE ONSET OF A NEW SEASON?

WHAT DO THESE SIGNS OF SPRING MAKE ME FEEL?

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WHAT AM I FEELING THIS MORNING?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

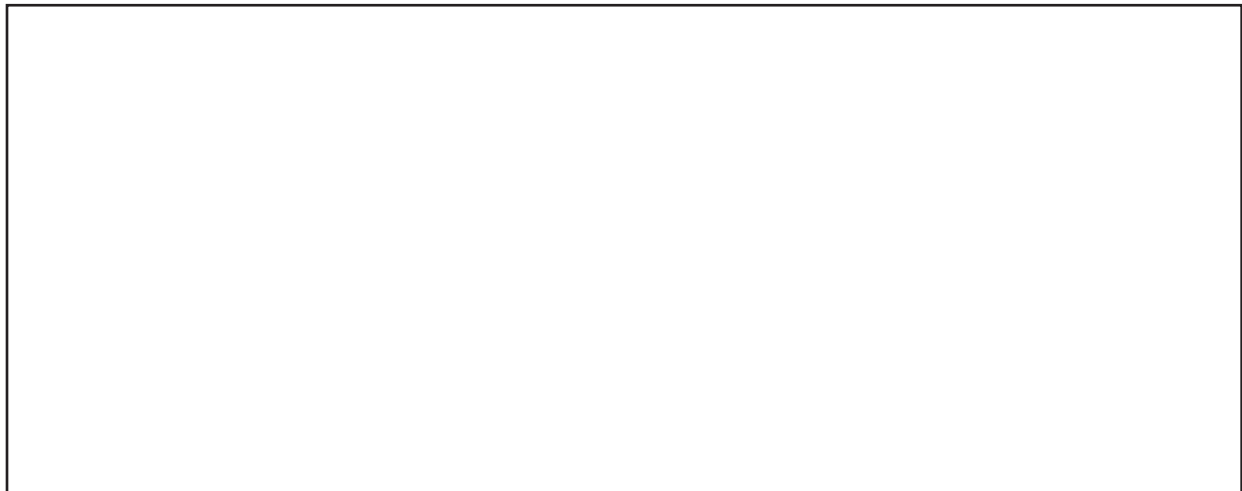
WHAT SIGNS AM I SEEING OF A NEW SEASON WITHIN MYSELF?

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WHAT ARE NOTICING ABOUT YOUR OWN BODY SHIFT IN THIS SEASON?



WHAT INTENTIONS ARE YOU SETTING FOR THIS SEASON BASED UPON WHERE YOU ARE AT RIGHT NOW?



FINALLY, WHAT IS ONE THING THAT IF NOTHING ELSE GOES WELL TODAY WILL MAKE ME FEEL TODAY WAS A STEP CLOSER TO MY GOALS?

