

3 Mindful Ways to Focus on YOU Today

A close-up photograph of a person's hand holding a white ceramic mug. The mug is filled with coffee, and a large, wispy plume of steam rises from the top. The background is a warm, golden-yellow color with a bokeh effect of small lights. The quote "Before the world asks for your energy" is written in a white, cursive, sans-serif font on the side of the mug.

Before the world
asks for your
energy

A close-up photograph of a person's hand resting on an open notebook. The notebook has a dark cover with a gold-colored metal clasp. A fountain pen with a dark, marbled pattern and gold-colored trim is resting on the notebook. The pen's cap is off and lying next to it. The background is a soft, out-of-focus light color.

1.
Start in stillness.
A few deep breaths
before anything else.

A close-up photograph of a hand pouring tea from a dark, terracotta-style teapot into a light-colored, ribbed mug. The tea is being poured from a high angle, creating a thin stream that lands in the mug. A large, wispy plume of white steam rises from the top of the mug, indicating the tea is hot. The background is a soft, out-of-focus light blue.

2.
Nourish -
Choose something
warm & comforting.



Today I will...

“Today intention”

3.

Set one gentle
intention for
your day.



Let this morning
just focus on
“YOU”

Claim it.