


A hand holding a white ceramic cup of coffee. Steam is rising from the cup. The background is a window with sunlight streaming in, creating a warm, golden glow and bokeh effect. The text is overlaid on the image.

# 3 Mindful Ways to Focus on YOU Today

*Before the world  
asks for your  
energy*



A close-up photograph of a person's hand holding a dark brown fountain pen with gold-colored accents. The hand is positioned over an open notebook with a light-colored cover and blank pages. The pen is held in a way that the nib is just above the paper. The background is softly blurred, showing more of the notebook and some white fabric. The lighting is warm and natural, creating a calm and focused atmosphere.

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





2.  
Nourish -  
Choose something  
warm & comforting.






Today I will....  
"Today intention"

3.

Set one gentle  
intention for  
your day.



A woman with her hair in a ponytail is seen from the side, sitting at a wooden table and looking out a large window. The window looks out onto a bright, out-of-focus scene with many golden bokeh lights. On the table in front of her is a rustic, earthenware mug. Sunlight streams in from the window, creating a warm, golden glow and illuminating dust particles in the air. The overall mood is peaceful and contemplative.

Let this morning  
just focus on  
“YOU”

Claim it.