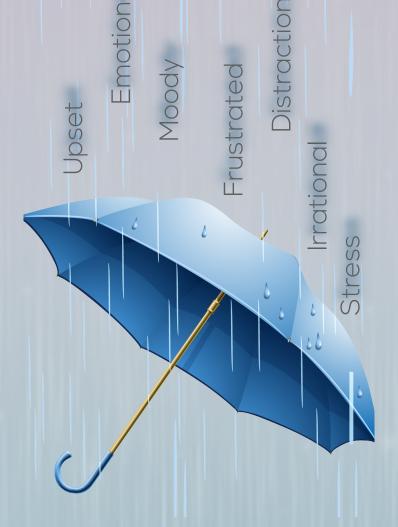
R.A.I.N.

## RAIN

Mindfulness Practice



Emotional

RECOGNIZE

WHAT'S GOING ON NOTICING OUR TRIGGER

ALLOW

THE EXPERIENCE TO BE THERE-BE THOUGHT OR WE RESIST

INVESTIGATE WITH KINDNESS

WHERE DO | FEEL WHAT FROM MY DAY MAY BE

NON-IDENTIFICATION

SEPARATE THE THOUGHT FROM PERSONAL IDENTIFICATION



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