



MINDFUL MAY

INTENTACT
Intentions to Actions Leadership

WEEK 1

TAKING IN THE SENSES

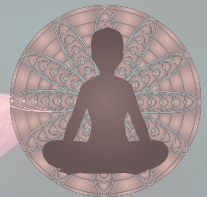
DAY 1 NOTICING THE BREATHE	DAY 2 NOTICING SMELL	DAY 3 NOTICING SOUND	DAY 4 NOTICING TASTE	DAY 5 NOTICING TOUCH	DAY 6 NOTICING SIGHT	DAY 7 AWARENESS TO ALL SENSES
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WEEK 2

INTEROCEPTIVE AWARENESS

DAY 8 SENSING INTO THE BREATHE	DAY 9 SENSING INTO THE HEAD	DAY 10 SENSING INTO KNECK AND SHOULDERS	DAY 11 SENSING INTO ARMS AND HANDS	DAY 12 SENSING INTO STOMACH AND SEAT	DAY 13 SENSING INTO THE LEGS AND FEET	DAY 14 TOTAL BODY SCAN
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WEEK 3

EXPLORE HABIT LOOPS

DAY 15 INTENTIONAL BREATHE	DAY 16 INTENTIONAL WAKING UP	DAY 17 INTENTIONAL HAND WASHING	DAY 18 INTENTIONAL WALKING/ DRIVING	DAY 19 INTENTIONAL TEETH BRUSHING	DAY 20 INTENTIONAL CELL PHONE USAGE	DAY 21 A DAY OF INTENTION
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WEEK 4

MINDFUL MOMENTS

DAY 22 MINDFUL BREATHING	DAY 23 MINDFUL PLAY	DAY 24 MINDFUL LAUGH	DAY 25 MINDFUL MUSIC	DAY 26 MINDFUL NATURE	DAY 27 MINDFUL CONNECTION	DAY 28 MINDFUL REST
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WEEK 5

BREATHE AND MOMENTS OF THE HEART

DAY 29 BREATHE LOVING KINDNESS	DAY 30 NOTICE JOY	DAY 31 NOTICE KINDNESS	DAY 32 NOTICE HAPPINESS	DAY 33 NOTICE AWE	DAY 34 NOTICE COMPASSION	DAY 35 NOTICING CELEBRATION
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