

Nervous Rushed
Anxious
Angry Stressed
Happy Edgy
Sad



R.A.I.N. Mindfulness Practice



INTENTACT®
Leadership | Mindfulness | Development

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R

RECOGNIZE WHAT'S
GOING ON

A

ALLOW THE
EXPERIENCE TO BE
THERE

I

INVESTIGATE WITH
KINDNESS

N

NON-IDENTIFY
WITH THE
EXPERIENCE