

Staying Mindful

Hi folks! I'm sure like you, Ms. Havlin and I are attempting to keep sane as we live through this crazy time in history.

The following "exercise" is an idea from one of Ms. Havlin's friends and we thought it would be a great idea for all of us to start.

Remember, we can't simply sit around waiting "to get back to normal", we need to be able to feel like we have accomplished something each day that we're in this situation - right?

- At the end of each day, take a moment and answer the following 3 questions:
 1. What am I grateful for?
 2. What am I excited about?
 3. What am I proud of?

Do something meaningful each day!

