

COOL THINGS MINDFUL PEOPLE DO

1

They practise being curious



2

They laugh at themselves



3

They notice the beauty of nature



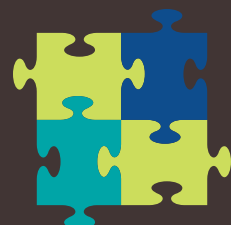
4

They don't try to avoid or deny their emotions



5

They challenge their existing beliefs



6

They nourish their bodies



7

They slow down when reading and truly take in the content



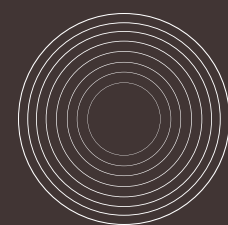
8

They enjoy every bite of the food they eat



9

They acknowledge that all things come and go



10

They don't believe their thoughts (and they don't take them all that seriously)

