

Mindfulness Series

Wellness Consciousness 101

Wellness consciousness = Mindfulness + Self-Responsibility

Mindfulness - Moment-to-moment awareness of one's experience without judgment

Times when I feel mindful:

Times when I would like to feel more mindful:

Two benefits of mindfulness that I would most like to have:

1.

2.

Self-Responsibility - Accountable for something within one's power, control, or management

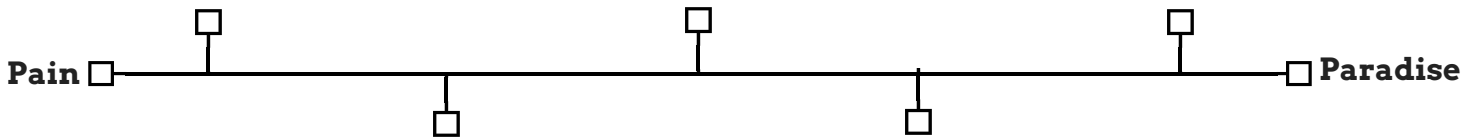
Areas where I feel self-responsible:

Areas where I would like to be more self-responsible:

Your Vision for Health and Wellness

Health and Wellness Pain:

Health and Wellness Paradise:



Building Your Healthy Community

Areas where I would like more support and accountability:

Areas where I could give more support and accountability:

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