

# Staying Mindful All Day



Mindful Exercises	Where?
Daily Gratitude	Purchase or make your own gratitude journal. Each night before going to bed reflect on what you are grateful for. Alternatively, you can use my GLAD printable.
Daily breathing, meditation, visualization, yoga	Search for the opportunities in your community or online and commit to inserting three sessions of one of these into your week
Daily Mindful Scavenger Hunt	The Luminous Journal in The Luminous Shop on <a href="http://www.luminositywithlaura.com">www.luminositywithlaura.com</a>
Daily Delight List	Keep a Delight List and each day add to the list one thing that delighted you
Daily Quotes and Affirmations	The Luminous Journal in The Luminous Shop on <a href="http://www.luminositywithlaura.com">www.luminositywithlaura.com</a>
Daily three alarms	Set three alarms each day and decide how you are going to check in with yourself when the alarm rings. Will you check to see if you are in the moment or instead worrying about the future or past. Will you use the alarm to remind you to bring your attention into that moment?
Daily Inspirational and Motivational Podcasts	The Luminous Journal in The Luminous Shop on <a href="http://www.luminositywithlaura.com">www.luminositywithlaura.com</a>