

INSPIRED BY THE BOOK, HOW TO BE A BETTER
PERSON BY KATE HANLEY

5 WAYS TO START YOUR DAY MORE MINDFULLY



BEDITATE

Take a few minutes before you get out of bed to scan your body, listen to your thoughts and get centered.

INVITE REFLECTION

"When you make room for it, the reflective part of your mind will guide you toward learning and growth."

- Kate Hanley



REHEARSE HAPPINESS

Daydream about how things are going to work out. Imagine best-case scenerios. Visualize a happy ending.

JOURNAL

Writing your thoughts down on paper creates clarity and helps you make sense of your feelings.



INTERACT WITH NATURE

"Boosting your contact with the natural world doesn't have to be strenuous. Open your bedroom window, have your coffee outside, or hang a bird feeder on your kitchen window." - Kate Hanley



LISTEN TO AN INTERVIEW
WITH KATE HANLEY
EPISODE #72 OF THE
60 MINDFUL MINUTES
PODCAST

WWW.KRISTENMANIERI.COM/EPISODE72