



MINDFULNESS

*Be present in the
moment.*

IF YOU'RE COOKING, COOK.

IF YOU'RE BATHING, BATHE.

IF YOU'RE OVERWHELMED, **BREATHE.**

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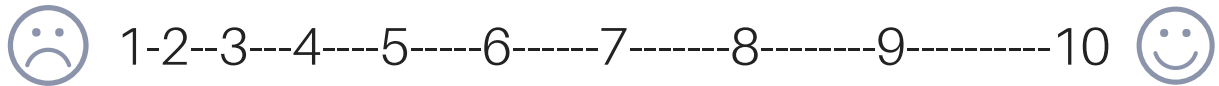
Nothing depletes your energy more than
scattered thoughts and attention.

Mindful 24 Hour Challenge

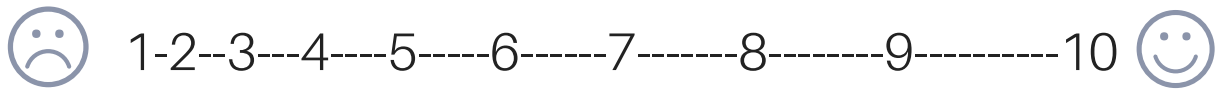
- When you eat, Silence Your Phone.
- When you're with family/friends, Be Curious About Them.
- When you sleep, Rest.

Post Challenge Quiz

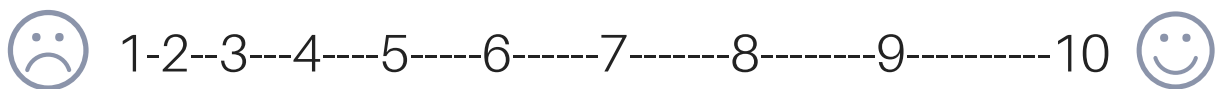
1. Rate your ability to shut out distractions and enjoy meals.



2. Rate your ability to be more interested in those you care about.



3. Rate your ability to rest without obsessive thoughts or interruptions.



If you scored less than 27 you would benefit from an energy management kickstart.

- Mindfulness directs your focus to the present.
- Meditation is a state of resting and transforming the mind. This leads to more positive ways of being.
- Combined, manifestation is allowed to come into your awareness.

IF YOU WANT...

better sleep, less overwhelm and stress, better concentration and productivity, less pain, happiness, and better sex, and so much more. . .

START Here ---