

# Mindfulness = Awareness + Intention

Mindfulness is the state of being fully in the moment. Mindfulness challenges you to be completely aware, engaged, and present.



**Consider** where you are now and what you are doing.



**Focus** on what you are doing, e.g. conversing, observing, thinking, etc.



**Engage** in the moment by asking questions of others or of yourself.



**Evaluate** your situation: what must you do now, tomorrow, or in the future.



**Change** what you can change. Adjust to what you cannot change.

## Mindfulness = Presence