

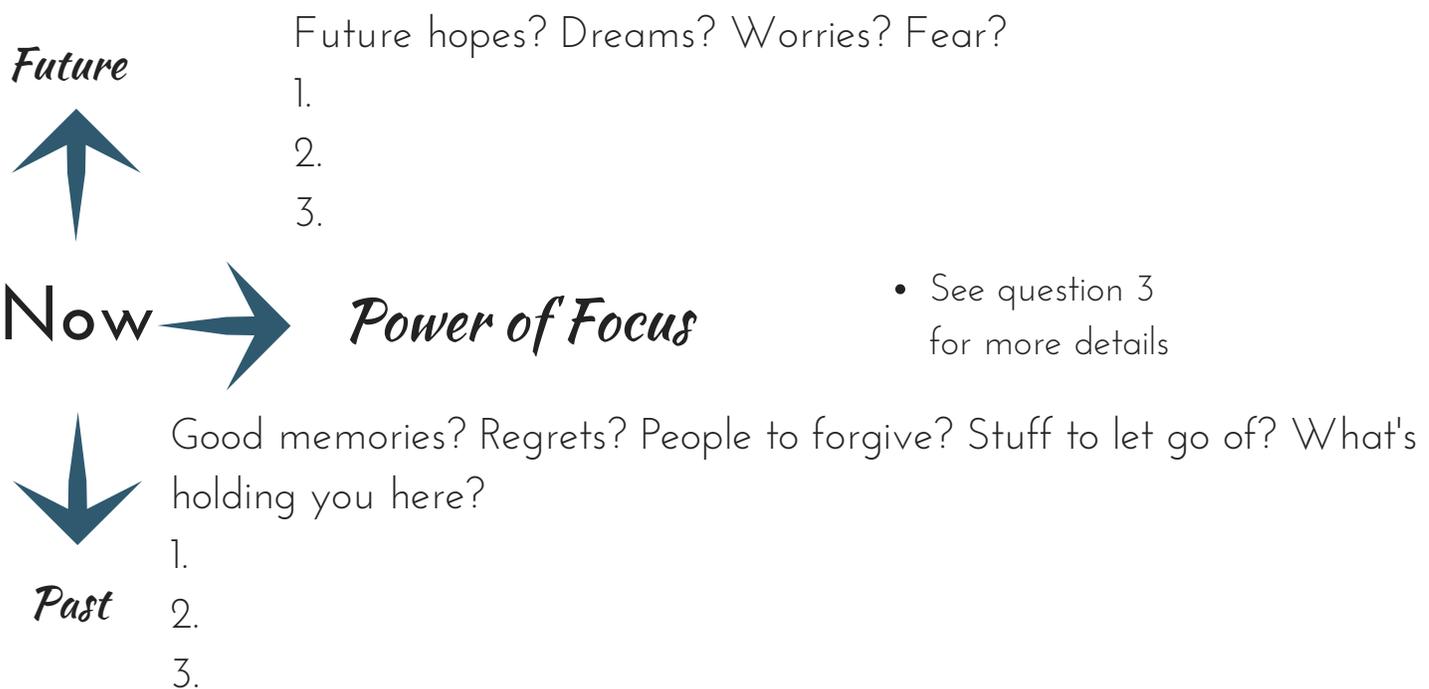
Applied Mindfulness 101: Core Principles

By Casey Berard

1. Who's business am I in?

- Mine?
- Theirs?
- The Universe's?

2. Where am I on the mindfulness timeline?



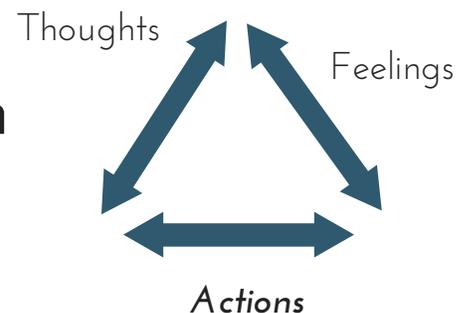
3. What's your focus right now?

- 1.
- 2.
- 3.

Ideas for the future:

4. Remember to take Action

Actions to take for your focus:



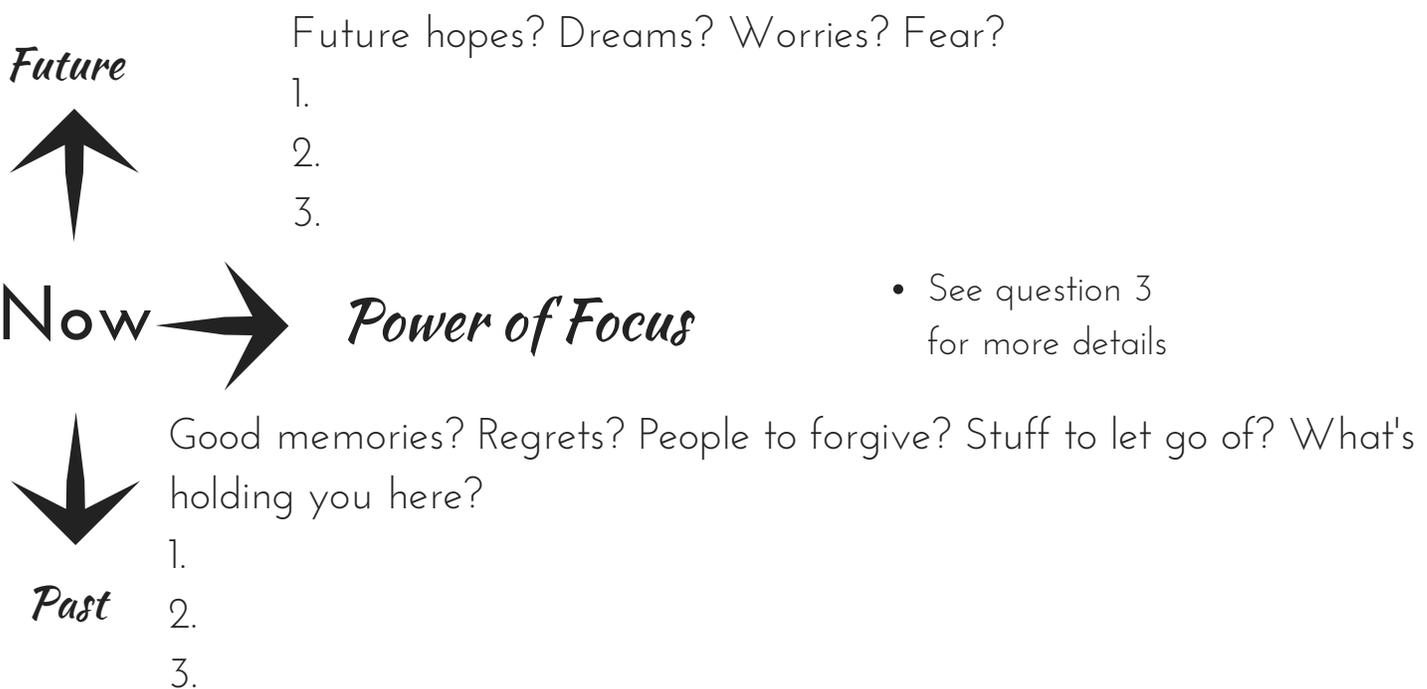
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