

Session 1 Summary

Find Your Center

- Fear and worry often hold us back from doing what we're drawn to do.
- Always playing it safe is one of the biggest regrets people have as they look back on their life.
- Courage is taking a bold step even though you're afraid.
- Mindful presence provides a strong foundation for making positive changes.

Invitation

Practice coming back to your body and breath like we did in this session. You can practice with the recording or on your own.

It usually helps to pick a couple activities that will cue you to come back to center, such as sitting down for a meal or getting into your car.