



## Daily Heart-Centered Moments

# A few words...

Dear Fellow Human,

I'm thrilled to be a part of your journey, however small.

When I started on my wellness journey I looked for expert guidance which inspired me to seek training. I learned about fitness. I learned about psychology, and I learned about what is important for us to be successful in self care so we can unleash our greatest potential.

Our evolution is an ongoing process affected by our core values, beliefs and practices. When fitness and self care rest on this foundation amazing things start to happen. Sadly, this is often overlooked.

Wherever you might be on your wellness path, I invite you to tap into the real passion that drives your self care ~ physically, emotionally and mentally so that you can truly transform. Individualized attention to your needs is essential.

This playful gift serves as a reminder to pause for awareness so you can notice where you are and where you are heading.

You will benefit whether you are an expert at self care or a beginner.

Be Well & Enjoy,

**Theresa**

Altraform, the evolution of wellness, is about tapping into core values so we can thrive physically, emotionally, and mentally. For more on incorporating IFS into your wellness to unleash the dream version of yourSelf, contact

Theresa@altraform.com or visit [www.altraform.com](http://www.altraform.com)





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# Mindfulness Bingo

Treat yourself to fill as many spaces as you can in 5-day mini challenges.

Wake up early or Take 5 minutes to Stretch	Breathe deeply or Walk to the end of your driveway and back	Eat deliberately or Enjoy a warm healthy beverage	Share a feeling or Compliment yourself / someone else	Look softly at something until it blurs or Close your eyes for 5 breaths
Mindfully relate kindness to someone or Cuddle with someone / a pet	Listen wholeheartedly or Listen to a song and stay present	Set a daily intention for a self care activity	Notice the present moment or Notice nature	Be present while brushing your teeth or chew slowly
Walk slowly or Place both feet on the floor and breathe for 10 breaths	Listen to music or Notice sounds around you	FREE Choice SPACE	Write your thoughts or Start a Gratitude list	Take a break from your phone or Read a poem
Show appreciation to someone or Thank Yourself	Take time to reflect on a happy memory or Plan something fun	Pause between activities or Take a cat nap	Get lost in the flow of doing something you love	Connect with your senses or Notice the water on your skin in the shower
Be in the moment now or Take a brisk walk	Place your hands on your heart and breathe or Relax your jaw	Notice your thoughts or Savor a bite of food	Declutter one space or Cook a meal	Get a full night's sleep or Meditate

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