



# ABCD'S OF MINDFULNESS

Thoughts are like clouds floating in the sky! We get to pick what ones to focus on and what ones to let float on by! When you have a negative thought you don't know what to do with, it's as easy as going through your ABC...D's!



ASK YOURSELF, IS IT TRUE?

Blank space for writing the answer to the question 'ASK YOURSELF, IS IT TRUE?'.



BREATHE AND LET THE THOUGHT PASS THROUGH WITHOUT JUDGING IT

Blank space for writing the answer to the question 'BREATHE AND LET THE THOUGHT PASS THROUGH WITHOUT JUDGING IT'.



COUNTER IT WITH A POSITIVE THOUGHT

Blank space for writing the answer to the question 'COUNTER IT WITH A POSITIVE THOUGHT'.



DUMP AND RELEASE IT

Blank space for writing the answer to the question 'DUMP AND RELEASE IT'.