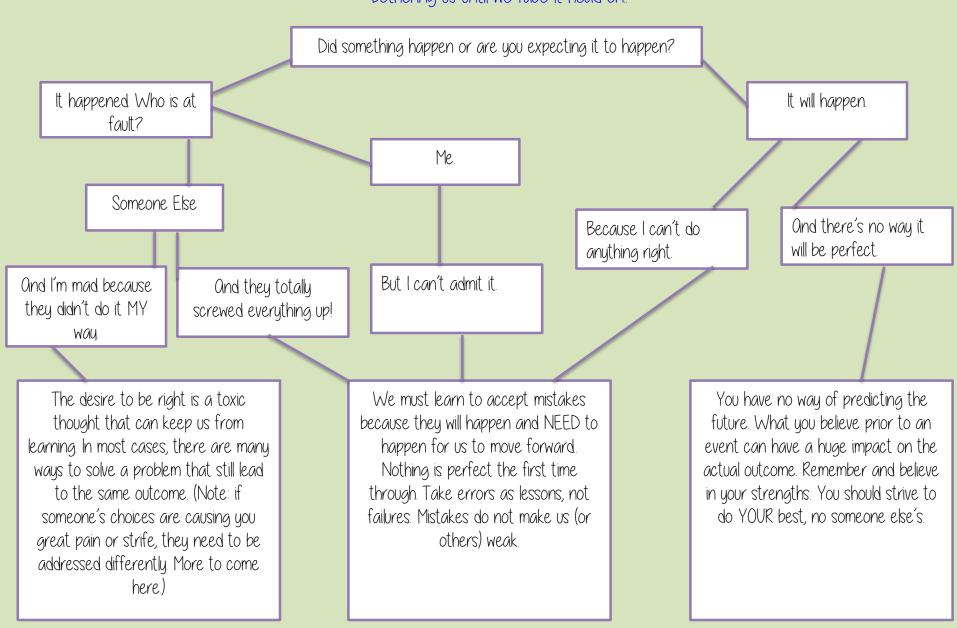
Mindfulness 10 | Flowchart

You can use this exercise to focus on a particular problem you are facing or in general. Sometimes we don't know what's bothering us until we face it head on.



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