



FOCUS ON AND REMAIN PRESENT

A mindful mama focuses on what is in front of her, she pays attention to the future, she acknowledges the past but she does not dwell or worry about things that she cannot change. She is present to those in her company focusing on one task at a time, one person at a time.

WILLINGNESS FOR THE NEW AND UNKNOWN

A mindful mama is not held back because of newness and change. Instead she rises to the occasion, embraces change and moves gracefully through it all.

LET GO OF JUDGEMENTS

A mindful mama is not judgmental or harsh to herself or others. She does not see through the lenses of better or worse, right or wrong.

ACCEPT

A mindful mama accepts all of those around her because of the love and understanding she carries with her. She accepts people and their actions, never taking anything personally.

CONNECT

A mindful mama makes connections. She feels deeply rooted in her surroundings, creating the comfort of home in her very being, not in one place.

LET GO OF ATTACHMENTS

A mindful mama is not attached to physical things. She is aware that the material is not the way to fulfillment.

STAYING GROUNDED

A mindful mama stays in control of her emotions, accepting and acknowledging the feelings that are present while remaining balanced and level.

BE COMPASSIONATE

A mindful mama is gentle, kind and patient with herself and others. Her intention is never to hurt or cause harm.