

Mindful Moments



**Your attention is your
most powerful asset.**

**What helps you refocus
when distracted?**

www.thinkproductive.com.au

hello@thinkproductive.com.au

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**Roll your shoulders
back. Drop your jaw.
Unclench your brain.**

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**What's one thing
I want to create
space for this
week?**

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**Breathe in for 4 ...
Breathe out for 8...
Repeat 4 times**

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