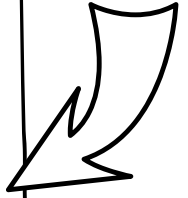


# Keeping Mindfulness in Mind

mindfulness is being aware and having a mental mindset that is achieved through focusing that awareness to be present while acknowledging and understanding our own feelings.

drawings that represent me

What makes me unique as a leader?



What makes me upset?

How can I practice mindfulness in my leadership life?

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How do I respond?

Notes

Blank area for taking notes.

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**CALIFORNIA ASSOCIATION OF STUDENT LEADERS**



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**Questions? Reach Out!**

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