

# 6 MINUTES OF MINDFULNESS TO CHANGE YOUR LIFE



LIVE BEAUTIFULLY

AS

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## 3 Minutes of Stretching

Overhead Reach Side Bend  
Shoulder Stretch Crossbody  
Standing Quad Stretch  
Toe Touch For Back Stretch  
Side Oblique Stretch  
Standing Hamstring Stretch  
Triceps Stretch

## 2 Minutes of Positive Thinking

*I am grateful for:*

### **Positive Affirmation:**

*Envision yourself having achieved your goal. Feel how it feels.*

## 1 Minute of Deep Breathing

- Take a deep breath through your nose
- Hold for 3 seconds then exhale through your mouth
- Repeat 5 times