



PERSONAL MASTERY

Personal mastery is about having the skills and abilities to cope with day to day living. It means being grounded and centered. It means being aware of our strengths and limitations.

The first step is awareness or mindfulness, which means paying attention to the present moment. Leave the past behind you. Do not get lost in the future.

BEING MORE MINDFUL RESULTS IN:

- Seeing more, on the outside and the inside
- The ability to deal with change
- Being more balanced, calm and focused
- Being better able to respond from a place of peace and stillness
- Becoming more grateful
- The ability to access the inner qualities of love, compassion, kindness and more

REMEMBER

“Life can be found only in the present moment. The past is gone, the future is not yet here, and if we do not go back to ourselves in the present moment, we cannot be in touch with life.”

- Thich Nhat Hahn

BRING YOURSELF BACK TO THE PRESENT MOMENT YOU ARE IN.