

Mindfulness

**for High Achievers
& Busy Minds**

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Presented by Maria Serbus

Building a mindfulness practice

1. Short & Simple Counts!
2. Create a space for it!
3. Explore a variety.
4. You are not alone, grab a friend, a guide, or someone to help if you're feeling stuck.



Mindfulness Session Notes

Additional Resources

- Join the Newsletter.
- Sign up for Mindfulness Text Reminder Support Line.