



**EACH BRAIN MATTERS**  
THE CENTER FOR NEUROSCIENCES FOUNDATION

# *Mindful Minutes*

## Confidence & Purpose

During hard times, it's easy to feel knocked down, self-conscious, or hopeless. These questions are designed to guide you to reflect on your self-worth and be mindful of your unique talents and strengths.

1. What one thing do you really like about yourself? Why?
2. What are some things that you do really, really well?
3. What is one thing that motivates you to do your best?
4. What are you most proud about in your life?
5. What is the most courageous thing you've ever done?
6. What do you imagine yourself doing in 5-10 years? What are you doing right now to help yourself get to that point?

Try this confidence building mindfulness exercise!

Try to.... **STOP**



**S**tand up and breathe. Feel your connection to the earth.

**T**une into your body. Lower your gaze. Do a 'body scan' and notice any physical sensations/emotions. Take in the pleasant ones and let them fill you up as you breathe in.

**O**bserve. Lift your eyes and take in the surroundings. Observe something in your environment that is pleasant and be grateful for its beauty.

**P**ossibility. Ask yourself, what is possible for me today? What is new? What can I do to take a forward step in my life?