

Personal Growth within MNWT: Mindfulness

A MNWT Leadership Enterprise

- Why did you Join Women of Today?
- What inspires you?
- What holds you back?

Mindfulness can be a powerful way of adopting a state of loving-kindness to both ourselves and others and has significant benefits to how we handle stress. Consider the three elements of mindfulness (Intention, Attention, Attitude) in relation to your Woman of Today activities.

Intention: What is most important to you? What do you value most? How might you be able to move more towards your values?

- Write down your short- and long-term Women of Today thoughts and goals.

Attention: How much attention are you giving to Women of Today? Where is your balance between Women of Today, work, and home life? Are you lacking focus and attempting to multitask?

- Write down the tasks you need to focus on in the next week.

Attitude: What does a positive environment look to you? Do you have the same needs as other members?

- Write down some steps you could take to improve your own and others environment.