



# PROJECT: GET IT DONE TOGETHER

## Mindful Word

1. Think of a word that seems calm or soothing. This could be a word like “peace” or “love” or “peaceful” or “snowflake” or “sunlight” or “hum” or “calm.”
2. Think the word to yourself. Say it silently and slowly in your mind. Say your word to yourself with each breath you take, in and out. Keep your attention gently focused on your word.
3. When your mind wanders, guide your attention back to your word, and keep saying it gently and slowly while you relax and breathe.
4. Can you do this for a whole minute? Can you do it for 5 minutes?