



## A MINDFUL JOURNEY

By crafting mindful moments into your holiday, you cultivate a deeper connection with yourself and your surroundings. Reflect on what you truly hope to gain from your break. Is it relaxation, adventure, connection with loved ones, or personal growth? Write down your intentions for the trip.

.....

.....

.....

.....

.....

.....

.....

Write a short commitment statement to yourself about prioritising mindfulness and self-care during your holiday. Keep it somewhere visible to remind yourself throughout your trip.

.....

.....

.....

.....

.....

.....

.....

Breathe  
*and make time for yourself*

For more mindful inspiration, visit [BreatheMagazine.com.au](http://BreatheMagazine.com.au)

