

# MIND LIFE PROJECT

*with Elise Bialylew*

## **Mindfulness at work**

Bringing mindfulness into action for increased focus and productivity.

How to mindfully work:

1. Choose one task to complete
2. Set the timer for 30 minutes
3. Each time you notice your mind has wandered off into thinking or a job that needs to be done - simply note it down here and bring your attention back to the task you are doing. Then at the end of the 30 minutes of focus you can review this list.

