



## Breath by Breath

- 1 Any day, any time, you can take three soft, slow, **mindful breaths** and watch life flow.
- 2 Your breaths help you pause and notice where you are and what is going on right **now**, in this moment.
- 3 You are never in yesterday or tomorrow. You are only here **now**. If something from yesterday upsets you, **now** is the time to notice your thoughts or feelings about it and work with them or let them go.



- 4 Breathe in. Breathe out. Let memories of yesterday fly away from your heart and fade away. Notice this moment, **now**.
- 5 If something about tomorrow worries you, remind yourself that you can only change what is happening **now**. Tomorrow is not here yet.
- 6 Remember that everything in life changes. In each new moment, you can start over. In each new moment, with each breath, everything is fresh.