

Mindfulness Routine Checklist

1. Set your intention (1-2 minutes)

- Find a quiet, comfortable space
- Sit or lie down with a relaxed posture
- Take a moment to set your intention for this practice (e.g., “I will be present and gentle with myself.”)

2. Center with breath awareness (3-5 minutes)

- Close your eyes (if comfortable)
- Take slow, deep breaths; inhale through the nose, exhale through the mouth
- Focus on the sensation of breath entering and leaving your body
- If your mind wanders, gently bring your attention back to the breath

3. Body scan (5 minutes)

- Slowly shift your attention through your body, from head to toes
- Notice any areas of tension, warmth, or discomfort — observe without judgment
- Imagine releasing tension as you exhale

4. Mindful observation (3-5 minutes)

- Choose an object to focus on (e.g., a candle flame, a flower, a small stone)
- Observe its colors, shapes, textures, and any small details
- Notice your thoughts and feelings as you focus — allow them to come and go like clouds

5. Emotional check-in (2-3 minutes)

- Identify how you’re feeling right now (use an emotions wheel if needed)
- Accept your emotions without trying to change them
- Remind yourself it’s okay to feel this way

6. Closing affirmation (1-2 minutes)

- Repeat a calming affirmation quietly or aloud (examples below)
- Slowly open your eyes (if closed)
- Take one final deep breath and prepare to continue your day mindfully

Sample affirmations for closing

- “I am grounded, calm, and at peace.”
- “I accept myself just as I am.”
- “With each breath, I feel more centered.”
- “I am safe in this moment.”

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