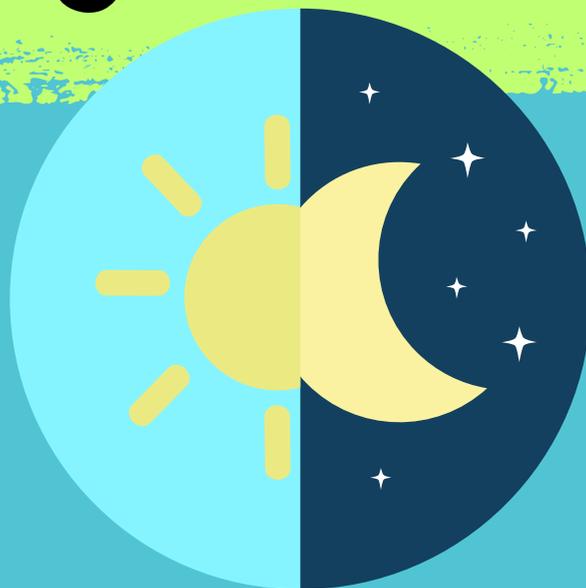


**How To
Practice The**

Mindfulness Attitude of

Beginner's Mind



1

**Embrace the attitude of
Approaching each new day with an
open mind**



Today's mood will be different

**perhaps a little lighter, havier...
not quite like yesterday, or the week before, or the
month before, or two years ago, or 5 years ago**

**Because today is a new day
and I have never lived this specific day
before**

WHEN TO DO THIS?

When you and your system are safe

WHY DO THIS?

Because it's a wonderful way to live

(I've tried it and it's a great way to navigate life, to navigate living with depression, anxiety, trauma, OCD...)

Because it is better than hopelessless