

DR. RACHEL'S

**MINDFULNESS
EXERCISES**

**INTENTIONAL
MINDFULNESS
EXPANSION**

ADDING TO YOUR MINDFULNESS PRACTICE



This week I invite you to add to your mindfulness practices by practicing more kindness! This is a simple way to expand your mindfulness practice, experience more inner peace, joy and gratitude, while also making a positive impact on those around you.

Here are the specifics for this exercise, please try to do as many as possible this week:

1. Practice a random act of kindness this week - Keep your eyes out for someone you can help and then, step in and give them a hand without any strings attached at all. This can be as simple as helping a pregnant woman carry her groceries to her car!
2. Smile at people! Making eye contact and smiling at someone is a simple way to express kindness.
3. Give someone a compliment! Make it authentic!
4. Reply to a strangers post on social media with some kind and supportive words.