



ONE MINDFUL MOMENT

DO ONE THING AT A TIME

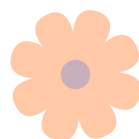
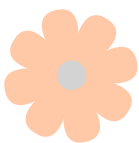
when you are eating eat. when walking walk.
when working work.

**DEVELOP SKILLS OF ATTENTION AND
CONCETRATION**

one mindful moment is the discipline of doing one thing at
at time with awareness.

conscious therapy and wellness

p: 347-201-3165 e: info@lynnemattephd.com



do one thing at a time

ACTING WITH UNDIVIDED ATTENTION

when you are eating, eat.
when you are walking, walk.
when you are bathing, bathe.
when you are working, work.
when you are listening, listen.
when you are loving, love.

The hard work of doing each thing with all your attention is a choice. A commitment to being present in this moment, knowing now is the only moment. Although the idea is simple the result of doing one thing with all your attention is powerful.

conscious therapy and wellness

p: 347-201-3165 e:info@lynnemattephd.com