

The background of the entire page is a dense, close-up photograph of various succulent plants, likely Sedum or Echeveria species, with thick, rounded, green leaves. The plants are arranged in a pattern that fills the frame, creating a textured and naturalistic backdrop. The lighting is soft, highlighting the waxy texture of the leaves.

Daily Practice

Choose a daily practice that nurtures your wellbeing and give it a try. Pay attention to how it makes you feel. Keep going if it works and put it down if it doesn't.

Today, I am grateful for:

Today, I am letting go of this expectation of productivity:

Today, I am going to reach out to:

Today, I am inviting joy into my life by:

bwell.brown.edu/resource/mindfulness

For more resources