



Mindfulness

Exercise Pack

Cards with Kindness



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Treat yourself like you treat others



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Just for you

“

Kindness and happiness leads to success, resilience, opportunity and more happiness in work, play and relationships, and best of all, it's contagious!

We hope you enjoy incorporating mindfulness into your home, classroom and therapy sessions.

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Instructions



The idea is simple — each card has a positive practice. On your own, you can pick a card to practice with for the day or the week. A parent can draw a card as a family practice for the day, as part of a pre-dinner or bedtime ritual. A therapist can have clients pick a card at the end of the session, or a teacher can hand cards out to students to practice alone or as a group.

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Instructions



You can also design your own personal growth program by committing to daily practice of a card's suggestions for a week, a month, or longer, or by sorting out the cards that are most powerful for you. However you use it, the willingness to engage the deck makes happiness a choice now, not a hazy outcome on the horizon.

You will also find a number of blank cards, on which you can write your own practices.

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Think of what you want to achieve
before you play...

How To |



How to practice mindfulness

How to calm your mind instantly

How to increase creativity

How to live a happy life

How to start self love

How to be happy

How to be positive

MINDFUL PRACTICE

NO WORRIES

What is one
small mistake
→ from the past week you can ←
forgive yourself for?

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MINDFUL PRACTICE

*PERSONA
GRATA*

→ Offer a
compliment
or thanks to
a stranger or
store clerk. ←

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MINDFUL PRACTICE

OVERTURNED
ON APPEAL

Look for the
nearest stranger.

What is your first judgment
about them?

Watch them and wait.

Are you willing
to be wrong?

MINDFUL PRACTICE

3G MOMENT

What fits now?



Guts,
Grit
or
Grace?



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MINDFUL PRACTICE

EYEING THE PRIZE

Tell someone you noticed
what they did and it
mattered
to you.

MINDFUL PRACTICE

PASSION
CHECK

What are you
willing to do now without
pay, praise
or
prompting?

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MINDFUL PRACTICE

FEEL FORWARD

What deserves your
TRUST:

→ Your thoughts about your ←
life,
or
your direct experience?

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MINDFUL PRACTICE

SLAP HAPPY

Pay attention
to whatever
makes you laugh
→ (or even a slight chuckle). ←

Journal about it and
notice how you feel.

MINDFUL PRACTICE

TRUE NORTH

Grass won't be greener
elsewhere.



Recommit to the course



that matters.

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MINDFUL PRACTICE

AFFECTION
CONNECTION

Hug someone today.
(ask first!)



Be aware of,
and breathe into,
the contact.



MINDFUL PRACTICE

SHARE THE
GLORY

How might you give the
credit away to someone
else?



Notice what you gain.

MINDFUL PRACTICE

LEARNING
TO STAY

Consider restless feelings as
awake up call to rest in
what's
happening.

MINDFUL PRACTICE

HANDS OFF

→ What are you
grabbing at
← that might better
be left alone?

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MINDFUL PRACTICE

FALLING AWAKE

What is fatigue telling
you about
what you don't
want to face?

MINDFUL PRACTICE

GOING VIRAL

Emotions are
"contagious."



"Infect" yourself
with those who
inspire and spark
your best self.



MINDFUL PRACTICE

HORIZON HERE

Write down one
of your goals.

→ Write in the present ←
tense as if it were happening
now.

Notice how this feels.

MINDFUL PRACTICE

*ACTIONS
ANONYMOUS*

→ What good would you do
if no one would
ever know? ←

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MINDFUL PRACTICE

CONSCIOUS COMMUTE

Go a way you've
gone hundreds
of times before.



Now pause and
look around in
all directions.

What have you
always missed?

MINDFUL PRACTICE

PRIME THE PUMP

→ Schedule time for
browsing a place
you've never been. ←

Let ideas arrive.

MINDFUL PRACTICE

HUMBLE PIE

Just when you
think you know
for sure, ask:



What else?

MINDFUL PRACTICE

GRIT AND GO

→ No matter how
uncomfortable,
if it's important,
are you willing? ←

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MINDFUL PRACTICE

IT'S ALL GOOD

Notice how

Beauty = Love = Peace



Your open

awareness right now.

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MINDFUL PRACTICE

*TURNING YOURSELF
INSIDE OUT*

Don't look
outside for
motivation.



Look inside
to what matters
and do it now.

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MINDFUL PRACTICE

MOMENTUM
MEMORY

When was the last time you
thought you couldn't keep
going but then did.



When might
be the
next time?

MINDFUL PRACTICE

MOMENTUM
MEMORY

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When might
be the
next time?

MINDFUL PRACTICE

FALLING UP

What outcome
are you trying
to control?



Let it go and
let results come.

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MINDFUL PRACTICE

BOUNCE BACK

How have you taken a setback and turned it into a step forward in the last month?

How could you do that with a potential setback in the future?

MINDFUL PRACTICE

INVOKING PRESENCE

Bring to mind someone who
loves or who has loved you.

This can be a pet or a
person.

Let their memory
ebb and flow
for three breaths.

MINDFUL PRACTICE

CARPE DIEM

Make plans now for
something you've always
wanted to do.



Whether you end
up doing it or not,
take some time
to plan.

MINDFUL PRACTICE

TIME WARP

What is one struggle you are
having this week?



How will you view it in one
week, month, year
or decade?



MINDFUL PRACTICE

BODY MATTERS

What small action
could you take,
or not take, today
that will be healthy
for your body?

MINDFUL PRACTICE

NO AND
ANYWAY

→ What is an
important "no"
today that can keep you ←
moving in the direction
you want to go?

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MINDFUL PRACTICE

YES DAY

What is an
important "yes"
today that can
move you in the
direction you



want to go?

MINDFUL PRACTICE

IMPOSTURE

Check your posture.
Slumped or straight? Stand
or sit up straight, not tense,
→ but with confidence. ←

Notice how your body and
mind feel.

Carry this forward into
the rest of your day.

MINDFUL PRACTICE

*FEEL THE FEAR
AND...*

→ What is one
small thing you
are afraid of doing? ←

Can you do
it anyway?

MINDFUL PRACTICE

SMILE AWHILE

Close your eyes.
Bring a smile
to your lips.



Notice how it feels
from the inside.

MINDFUL PRACTICE

SMILE AWHILE

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Bring a smile
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Notice how it feels
from the inside.

MINDFUL PRACTICE

LASER FOCUSING

→ What was the last
thing you did with
your absolute,
undivided attention? ←

What is one thing you
could do today?

MINDFUL PRACTICE

SURROGATE ME

How would someone
you admire handle
THAT problem in
your life?

Consider taking a
similar action now.

MINDFUL PRACTICE

THE 1000 MILE STEP

What is something you
have always wanted
from this life?



What is the first small
step in that direction?



Can you set down
this card and take
that step now?

MINDFUL PRACTICE

WONDER-FULL

When was the last
time you felt awe
or wonder?



Get curious about how awe
might arrive next, or how
you might seek it out.

MINDFUL PRACTICE

RIPPLING OUT

What is a small act of kindness or generosity you performed in the past week?



What is an act you can perform right now or later today?



Consider widening the circle of positive impact.

MINDFUL PRACTICE

MUSCLE- MINDING

Tense and relax
your muscles.



Notice how your
body and mind feel
afterwards.



MINDFUL PRACTICE

*BEAUTY-
SCOPIC*

Search for a moment
both inside and out,
until you find
something beautiful
that you see.

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MINDFUL PRACTICE

GRATITUDE ON YOUR SLEEVE

What or who is
something or
someone you are
grateful for today?

Are you willing
to show it?

MINDFUL PRACTICE

HEALTHY CHOICE

What was one
physically or
emotionally healthy
choice you made
this week?

What is one you
could make today?

MINDFUL PRACTICE

POWERHOUSE

Name one of
your strengths.



Then, right now —
do something that



exercises and builds
on that strength.

MINDFUL PRACTICE

APPRECIATION
RESPIRATION

What's one thing you
appreciate about your
job or school?



Sit with this for three
breaths.



What's one thing they might
appreciate about you?

Sit with this for
three more breaths.

MINDFUL PRACTICE

FORWARD THINKING

→ Name one thing you
are looking forward
to in the next week. ←

Go public and tell
someone about it.

MINDFUL PRACTICE

GRATITUDE
BREATHING

Bring to mind
one thing that
went well today.



As the image appears, notice
sensations in
your body.

Sit with that for three
breaths.

MINDFUL PRACTICE

WISHES ALL AROUND

Make a kind wish
for yourself...

Someone you love...

A stranger...

Someone you don't
like very much...

Notice how you feel.

MINDFUL Reflections

Use your 5 senses to explore each item,
writing down your reflections.



Weekly Affirmation Assessment

WEEK:

THINGS THAT STRESSED ME OUT

HOW TO HANDLE THEM?

THINGS I AM GRATEFUL FOR THIS WEEK	
MONDAY	TUESDAY

WEDNESDAY	THURSDAY	FRIDAY

SATURDAY	SUNDAY

For more helpful tips
visit or social media
pages

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