



# Bite-Size Yoga

for your **Mind**

## I Am Enough

- 1 **Say:** "I am enough."
- 2 **Practice:** With a mirror, look into your own eyes and repeat this phrase for one minute.
- 3 **Silence:** Take a few breaths in silence at the end of your practice or move into a silent meditation for several minutes.
- 4 **Option:** Repeat 3 times with your eyes closed and your hand over your heart throughout the day as needed.





# Bite-Size Yoga

for your **Mind**

## I Am Enough

Practice Daily for a Week:

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Reflection: How did this practice make me feel?

Reflection: When did this practice work best for me?

Evaluation:

Like:

Dislike:

Neutral:

