



Present Moment

**Awareness**

Peripheral – Vast – Less Depth

Focused

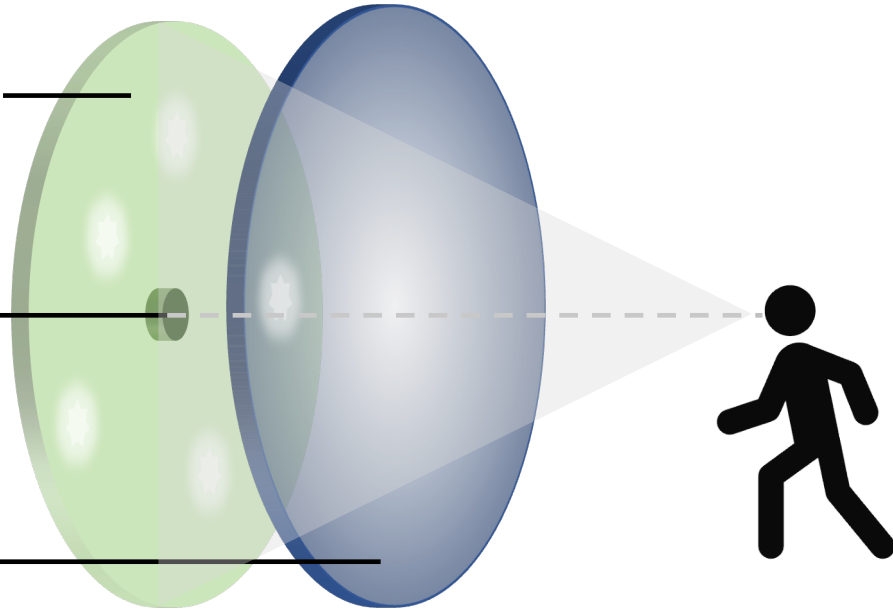
**Attention**

Direct – Narrow – Deep

Personal

**Wisdom**

Insight – Understanding – Judgement



Mindfulness is *enhanced*

Present Moment Awareness + Attentional Focus  
through the lens of Personal Wisdom



To know where our attention is in this moment – with a degree of control.  
To simultaneously have a peripheral awareness of thoughts emotions, surroundings, etc.  
While bringing a heightened level of insight, understanding & objectivity.

It is from this place that we are presented opportunities to exercise tools, such as

**CHOICE – PERSPECTIVE - UNDERSTANDING**

As well as insight into our own

**BIAS – JUDGEMENT – PREFERENCE - EXPECTATION**

**PRACTICE DAILY – CONSISTENCY HELPS MORE THAN DURATION**

Carve out a moment in your day to formally meditate and then work to integrate  
mindfulness into your daily life and activities.

**NO PREFERENCE – NO EXPECTATION**

Link to Guided Meditations: <https://soundcloud.app.goo.gl/SURgxNv3DQ7459HW6>

or visit <https://www.rebelmindfulness.com/guided-meditations>