



ABCD'S OF MINDFULNESS

<i>A</i>	Ask yourself if it's true.
<i>B</i>	Breathe and let the thought pass through without judging it.
<i>C</i>	Counter it with a positive thought.
<i>D</i>	Dump and release it.

Thoughts are like clouds floating in the sky. We get to pick what ones to focus on and what ones to let float on by. When you have a negative thought, remind yourself of the ABCD's of mindfulness to help you navigate it. Notice how your day and your dance classes change for the better!