# YOUR MINDFULNESS TOOLKIT

Have a designated basket or tray for:

Eye masks, ear plugs - Meditation beads

Affirmation or tarot cards - Aromatherapy

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# **Mindfulness Meditation Toolkit**

Melissa Amaya, LCSW



Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Mindfulness Meditation Toolkit**. In a downloadable PDF format (\*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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