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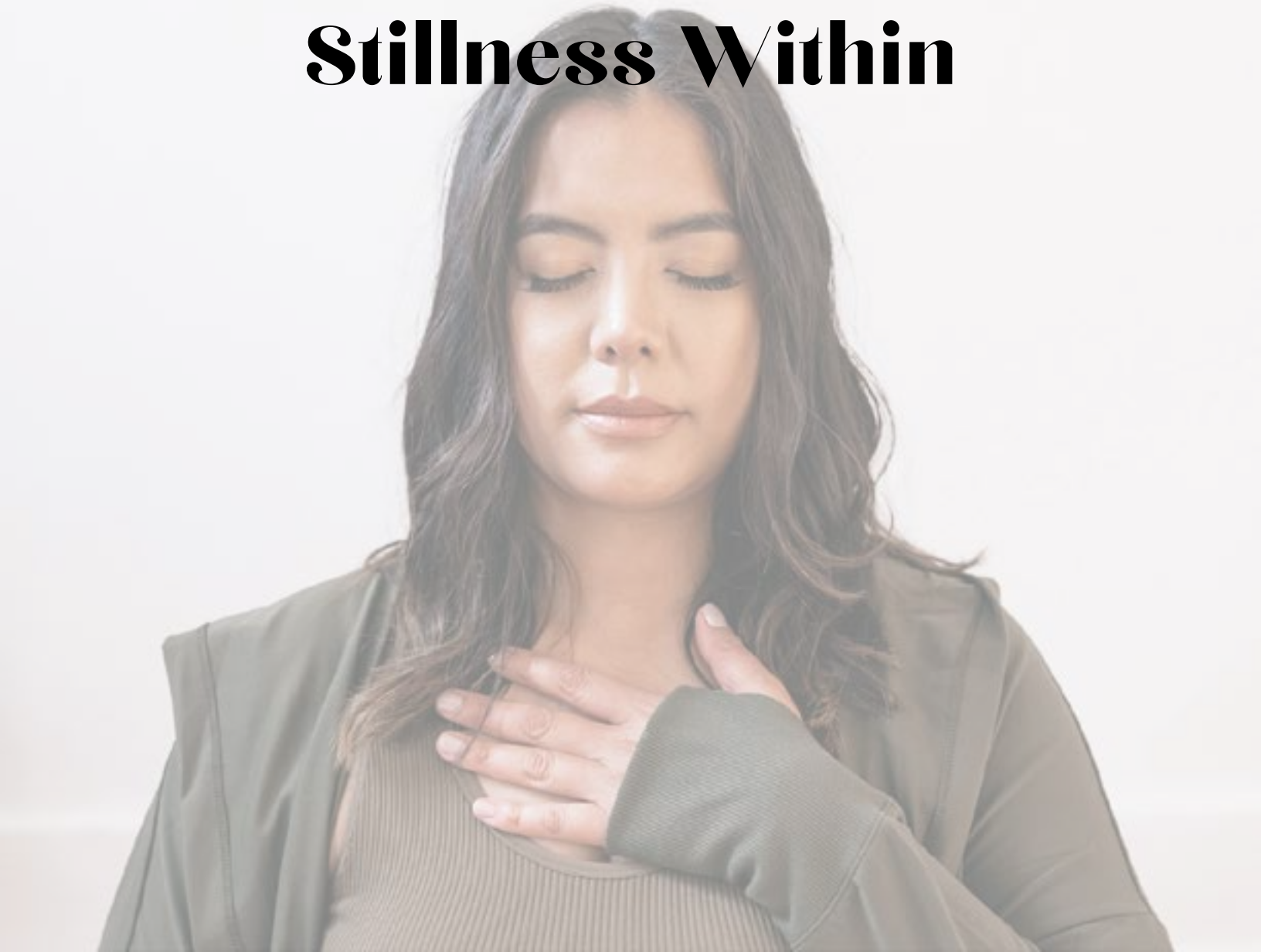
MICRO HABIT # 2

Embrace the Stillness Within



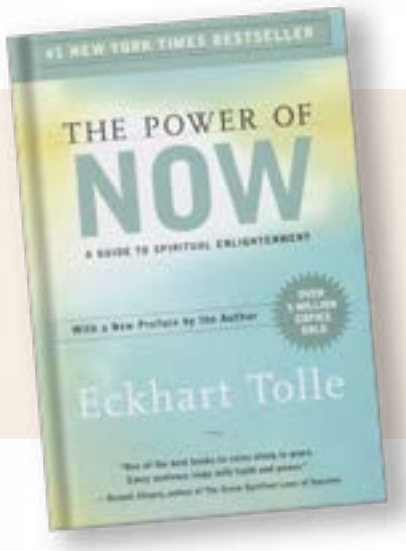
Micro Habit #2
Embrace the Stillness Within

As an entrepreneur, your inner world is a landscape of endless possibilities. Mindfulness invites you to explore the depths of your being and attune to the present moment. It's here, in the stillness, that you'll find the clarity and peace to guide your business and life.

> "In today's rush, we all think too much, seek too much, want too much, and forget about the joy of just being."
> — Eckhart Tolle.

Book Recommendation

Let "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle be your compass on this journey inward.



Worksheet

1. Find a quiet and comfortable space where you won't be disturbed for 5-10 minutes.
2. Close your eyes and take a deep breath. Let go of any tension or stress you're carrying.
3. Focus on your breath, noticing the sensations of each inhale and exhale.
4. As thoughts arise, simply observe them without judgment, and return your focus to your breath.
5. After a few minutes of breath awareness, ask yourself: "What do I need in this moment?" Listen for any intuitive guidance or insights that arise.
6. When you're ready, gently open your eyes and return to your day with a sense of calm and clarity.

Use this worksheet as a guide to develop a daily mindfulness practice that nourishes your inner world and supports your entrepreneurial journey. Remember to be gentle and patient with yourself as you explore the depths of your being.

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