



Word of the Month

SELF-AWARENESS

For thousands of years, martial artists and others have been using a mental exercise called “meditation” to improve their self-awareness. For the next week, I want you to practice a simple form of meditation.

Try to do this every night:

- Set a timer for five minutes (if you can do five minutes, try going up to ten!)
- Find a quiet room - no TV, games or music!
- Sit in a comfortable position.
- Close your eyes.
- Focus on breathing deeply in and out. Don't pay attention to anything outside of yourself, and don't speak. Just let your thoughts wander.
- Open your eyes when the timer goes off! How do you feel? Write a few sentences about how you felt during meditation.



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