

MINI MINDFULNESS SESSION

A 10-MINUTE OFFLINE RESET

START WITH A GENTLE SUDOKU PUZZLE TO CALM YOUR THOUGHTS.
ONCE YOUR MIND FEELS CLEAR, TRY THE MINDFULNESS PROMPTS.

01 Session One

	5	6					7	3
		4	3		5	9	6	1
1	9		4	7	6	5	8	2
5		9		6		1	4	
6	1		5	4			3	9
	4	7	9	1	8			
2	3	8	6	9	1	7	5	
9	7	5			4			
4	6				2	3	9	

Q: WHAT'S A DECISION YOU'RE OVERTHINKING? IDENTIFY THE SIMPLEST, MOST FRICTION-FREE CHOICE.

02 Session Two

		6	5	3		7		8
4	2		6		8	3	9	
3		5	7	2		4	1	6
7		8	9	4		2		1
	5	4	2	8	3	6	7	9
2	3		1		6		5	4
	9		8	6	2			
6			3	5	7	9		
8	7				1		6	

Q: LIST 5 THINGS YOUR BODY SENSES RIGHT NOW (SEE, SMELL, TOUCH, TASTE, HEAR) TO ANCHOR YOURSELF.

03 Session Three

1	7		6		8	4	9	
8	9	6	3	4		7	2	1
			7	1	9	8	5	
6				5		3	8	7
3	1			7	4	5		2
	5		2				1	4
4	6	2	5			1	3	
5		1	4	3			7	9
		7	1	8		2		5

**Q: HOW HAS YOUR MINDSET CHANGED IN THE PAST YEAR?
IDENTIFY ONE AREA WHERE YOU ARE STRONGER.**

04 Session Four

8			7	6		9	3	
1	9	7	5	3	4	6	8	
6		4	2	9		5	7	1
	2	8	1	5	7			6
	1	3	6	4	9	2	5	
		9		2		1		7
		6			5			9
	4		9	7	6	8	2	5
		5	4	1		7		3

**Q: WHAT'S ONE SMALL WIN OR EFFORT YOU HANDLED TODAY
THAT YOU DIDN'T GET CREDIT FOR?**

ANSWER KEY

SOLUTIONS FOR SESSIONS 1–4

SESSION 1

8	5	6	1	2	9	4	7	3
7	2	4	3	8	5	9	6	1
1	9	3	4	7	6	5	8	2
5	8	9	2	6	3	1	4	7
6	1	2	5	4	7	8	3	9
3	4	7	9	1	8	6	2	5
2	3	8	6	9	1	7	5	4
9	7	5	8	3	4	2	1	6
4	6	1	7	5	2	3	9	8

SESSION 2

9	1	6	5	3	4	7	2	8
4	2	7	6	1	8	3	9	5
3	8	5	7	2	9	4	1	6
7	6	8	9	4	5	2	3	1
1	5	4	2	8	3	6	7	9
2	3	9	1	7	6	8	5	4
5	9	3	8	6	2	1	4	7
6	4	1	3	5	7	9	8	2
8	7	2	4	9	1	5	6	3

SESSION 3

1	7	5	6	2	8	4	9	3
8	9	6	3	4	5	7	2	1
2	4	3	7	1	9	8	5	6
6	2	4	9	5	1	3	8	7
3	1	9	8	7	4	5	6	2
7	5	8	2	6	3	9	1	4
4	6	2	5	9	7	1	3	8
5	8	1	4	3	2	6	7	9
9	3	7	1	8	6	2	4	5

SESSION 4

8	5	2	7	6	1	9	3	4
1	9	7	5	3	4	6	8	2
6	3	4	2	9	8	5	7	1
4	2	8	1	5	7	3	9	6
7	1	3	6	4	9	2	5	8
5	6	9	8	2	3	1	4	7
2	7	6	3	8	5	4	1	9
3	4	1	9	7	6	8	2	5
9	8	5	4	1	2	7	6	3