

THE POWER OF NOW

[The Power of Now by Faith
Rivera](#)

breathe
smile



Mindful-S.T.O.P.

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S

STOP any busyness temporarily and invite our attention to rest on the **PRESENT MOMENT**



T

TAKE 3 slow, deep and mindful breaths



O

OBSERVE & label 3 sounds around us (e.g. fan, bird, car) or pay curious attention to what we Hear, Touch or C/See (H.T.C.)



P

PROCEED with whatever we need to do mindfully and with a smile 😊

Mindful Noticing



