

Human "Being"

vs

Human "Doing"



Consciously integrate
"no phone zones"



Schedule each and
every day with intention



Schedule in mindful
eating throughout day



Integrate daily "slow"
moments (e.g. breathing)



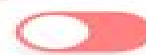
Identifying values and
taking action of values



Constant screen
distraction (e.g. scrolling)



Running from one thing
to another all day long



Eating on the run or
not at all



Avoidance of stillness
and rest



Feeling disconnected
from self and others



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About You Human Doing

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