



Brilliant things happen in calm minds. Be calm. You're brilliant.

- Taken from headspace.com



Distractions are everywhere. Notice what takes your attention, acknowledge it, and then let it go.

- Taken from headspace.com



We can't always change what's happening around us, but we can change what happens within us.

- Taken from headspace.com



In the midst of movement and busyness, keep stillness inside of you.

- Taken from headspace.com



We can live life lost in thought or we can choose to be present as life unfolds.

- Taken from headspace.com



We can't control everything that happens, but we can change our experience of those things.

- Taken from headspace.com



We can't control the sea, but we can learn how to surf the waves.

- Taken from headspace.com



Be gentle with your approach, be patient with the mind, and be kind to yourself along the way.

- Taken from headspace.com



**Now is a great time to be present.
Now is good, too. And now.**

- Taken from headspace.com



**No matter how fast life is moving
around us, there is always a place
of stillness inside.**

- Taken from headspace.com



**There are no mistakes in being
present.**

- Taken from headspace.com



**The heart of mindfulness is taking
ourselves a little less seriously.**

- Taken from headspace.com



**True freedom is when we are
equally content, no matter what
arises in the mind; free from bias.**

- Taken from headspace.com



**There is no room for anger when
the mind is calm.**

- Taken from headspace.com



**The mind is our most precious
resource. Are you looking after
yours?**

- Taken from headspace.com



**Being present means letting go of
all the pre-rehearsed stories and
inner-dialogue.**

- Taken from headspace.com



In letting go, we cease trying to make something happen, and then the mind naturally opens.

- Taken from headspace.com



Mindfulness is less about knowing what to do and more about knowing what not to do.

- Taken from headspace.com



Be present, be patient, be gentle, be kind... everything else will take care of itself.

- Taken from headspace.com