- 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