

# 120 of the Most Powerful Mindful Quotes Ever: A Fun Learning Page for Kids and Adults



We are Same With different Colors Motivational and Inspirational Book #Fightracism: 120 Of the Most Powerful Mindful Quotes Ever Fun & learning page for Kids and Antiracism Words

★★★★★ 5 out of 5

Language : English

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Mindfulness is the practice of paying attention to the present moment, without judgment. It can be practiced in many different ways, such as meditation, yoga, or simply taking a few deep breaths. Mindfulness has been shown to have many benefits, including reducing stress, increasing focus, and improving sleep.

These 120 mindful quotes are a great way to introduce kids and adults to the concept of mindfulness. They are simple, easy to understand, and inspiring. These quotes can be used to start a conversation about mindfulness, or they can be simply read and enjoyed.

## Mindful Quotes for Kids

- "The best way to learn is to do." - Confucius

- "The only person you are destined to become is the person you decide to be." - Ralph Waldo Emerson
- "If you can dream it, you can do it." - Walt Disney
- "Don't be afraid to fail. It's not the end of the world, and in many ways, it's the first step toward learning something and getting better at it." - Jon Hamm
- "Be kind to yourself and others." - The Dalai Lama
- "Live in the moment." - Thich Nhat Hanh
- "Don't be afraid to ask for help." - Sheryl Sandberg
- "Be brave." - Malala Yousafzai
- "Never give up." - Nelson Mandela
- "Be yourself." - Oprah Winfrey

### **Mindful Quotes for Adults**

- "The present moment is the only moment that we have." - Eckhart Tolle
- "Pay attention to the present moment, and let go of the past and the future." - Thich Nhat Hanh
- "Be kind to yourself." - The Dalai Lama
- "Don't be afraid to fail." - Brene Brown
- "Live in the moment." - Thich Nhat Hanh
- "Don't be afraid to ask for help." - Sheryl Sandberg
- "Be brave." - Malala Yousafzai

- "Never give up." - Nelson Mandela
- "Be yourself." - Oprah Winfrey

## Mindful Quotes for All

- "Mindfulness is the practice of paying attention to the present moment, without judgment." - Jon Kabat-Zinn
- "Mindfulness helps us to see things as they really are, and to respond to them with wisdom and compassion." - Tara Brach
- "Mindfulness is a way of being present in the moment, and of accepting things as they are." - Sharon Salzberg
- "Mindfulness is a skill that can be learned and practiced by anyone." - Andy Puddicombe
- "Mindfulness is a way of life that can lead to greater happiness, peace, and well-being." - Jack Kornfield

Mindfulness is a powerful tool that can help us to live more fulfilling and meaningful lives. These 120 mindful quotes are a great way to introduce mindfulness to kids and adults alike. May these quotes inspire you on your journey toward mindful living.



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