

MindfulLiving™ Module 3

Mastering Mindful Thinking

Chapter 10 - Resources

Autobiography in Five Short Chapters

I.

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost.
I am helpless.
It isn't my fault.
It takes forever to find a way out.



II.

I walk down the same street.
There is a deep hole in the sidewalk.
I still don't see it.
I fall in again.
I can't believe I am in the same place.
It isn't my fault.
It still takes a long time to get out.



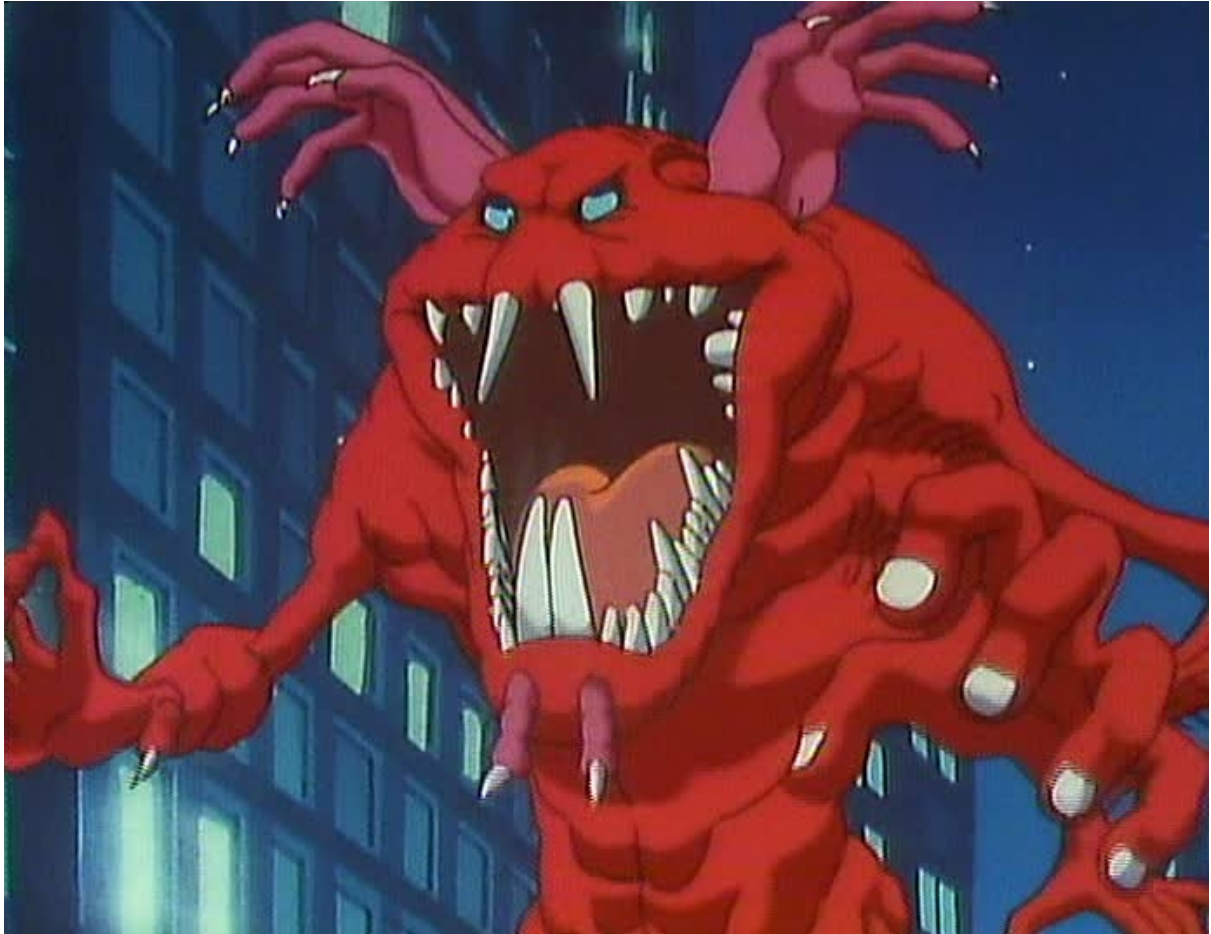
III.

I walk down the same street.
There is a deep hole in the sidewalk.
I see it there,
I still fall in.
It's habit.
It's my fault. I know where I am.
I get out immediately.



IV.

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.



V.

I walk down a different street.



Shery Clein, MindfulLiving™ Coach, would like to take the opportunity to thank you so much for your precious participation; we appreciate your dedication and commitment. We expect to help you deal with uncomfortable issues and any other obstacles. The main thing is to enjoy, chill out and have fun! Remember to contact us with any questions or for any assistance.

Blessings. Stay Healthy & Safe ❤️ Love Shery.

