



# Introduction to Mindfulness

Reflection guide

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## Overview

- What mindfulness really is, why it's growing
- Myths and facts: what it is Mindfulness and what it's not
- The neuroscience and benefits
- Simple practices you can use immediately

## Key takeaways



Main points:



Learning insights:



What areas do I need to improve on?



My action plan:

## Additional resources

- Book: 10% Happier by Dan Harris
- Website: Mindful.org
- Apps: Insight Timer & Headspace