

GOLD Mindfulness Practice

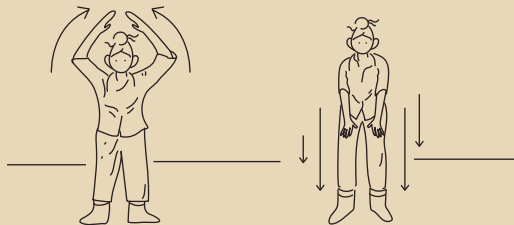
I am an acronym. Use me often. Especially when you feel scattered or scared. I am the GOLD that can glue your pieces back together.



"Integration is Health" -- Dr. Dan Siegel, Neuroscientist

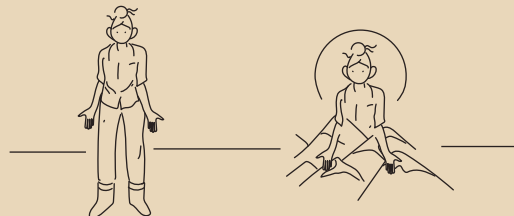
G

Ground



O

Observe



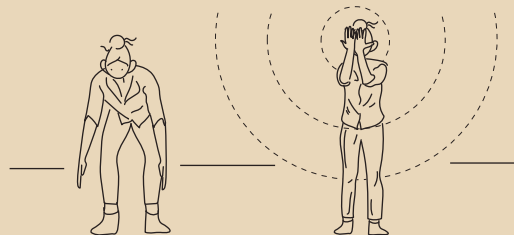
L

Love



D

Dedicate



© 2020 by LIFEHONEY Corporation

All rights reserved. This may not be reproduced in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system without permission in writing from Robin Sol Lieberman.