


THE LITTLE DECK OF BIG REMINDERS

*Adapted from the Institute for Mindful Leadership's Little Book of Big Reminders

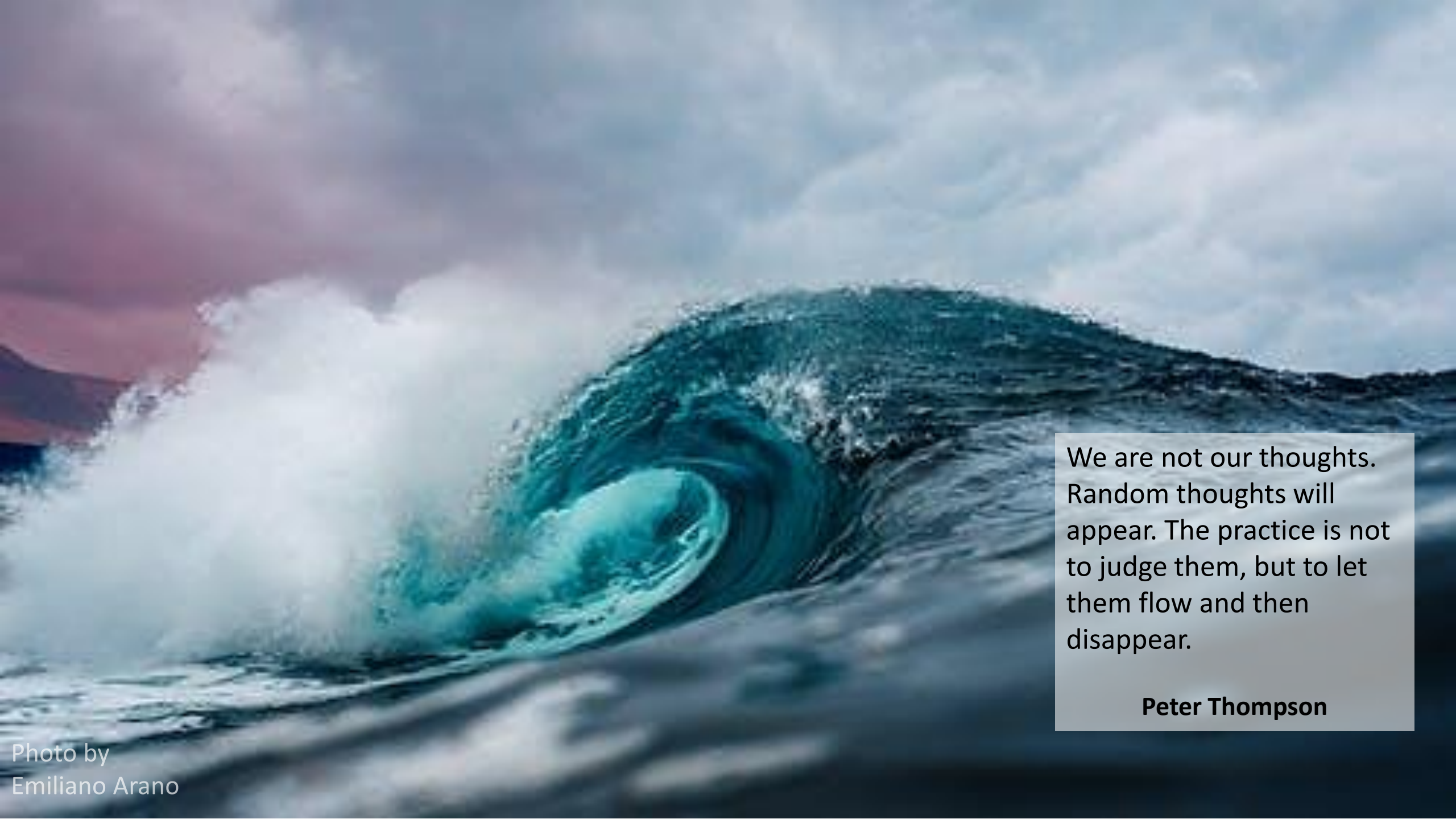
Photo by
Belle Co



“When we are facing life’s many challenges, often the most powerful response is to stop, take some time to quiet the mind and body, and reflect on a simple question: What is called for now?”

Janice Marturano

Photo by
Luis del Rio



We are not our thoughts.
Random thoughts will
appear. The practice is not
to judge them, but to let
them flow and then
disappear.

Peter Thompson

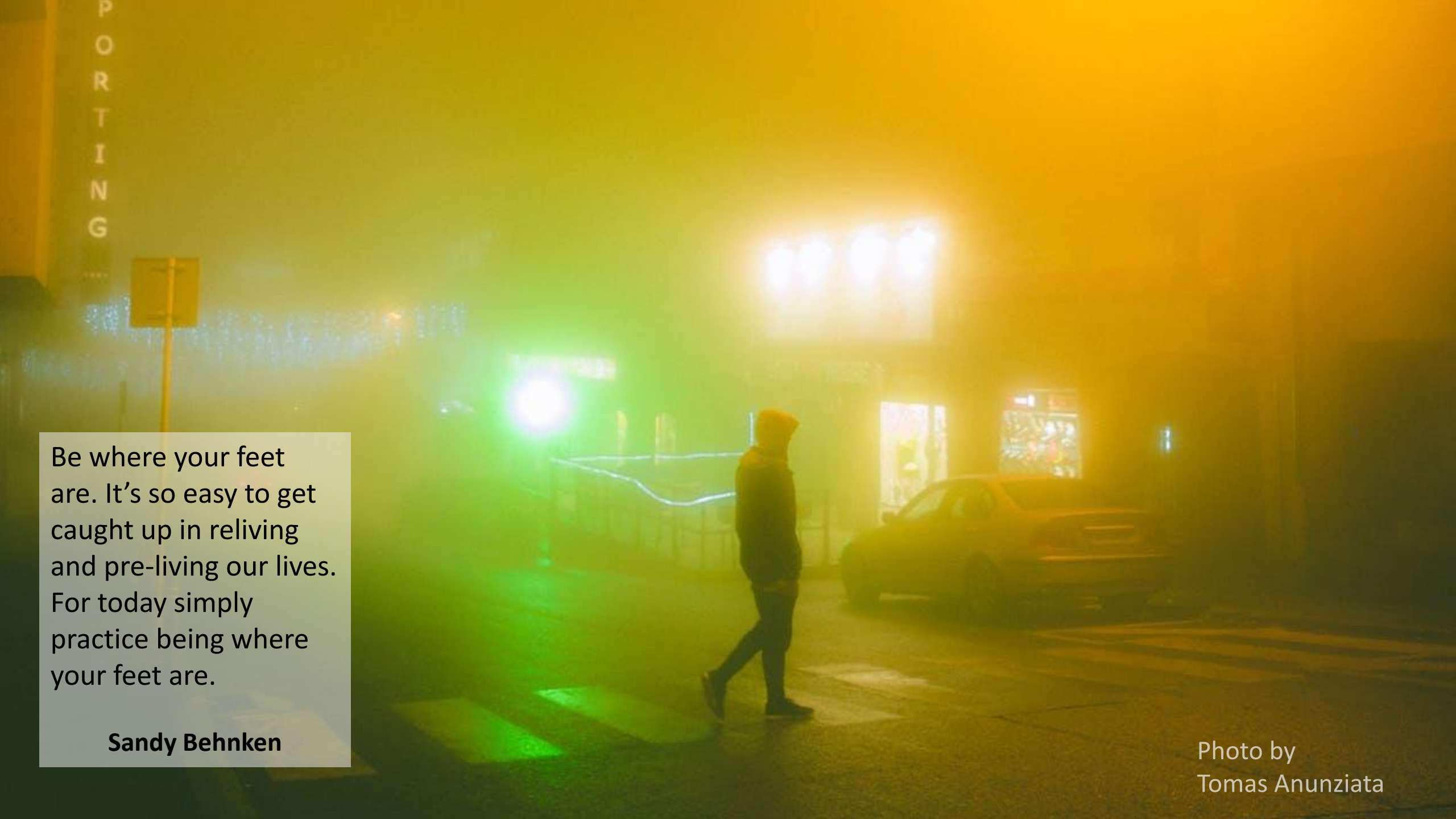
Photo by
Emiliano Arano



How might things be different if instead of being your own worst critic you were your own best friend?

Jodie Katz


Photo by
Luis M. Santos



Be where your feet
are. It's so easy to get
caught up in reliving
and pre-living our lives.
For today simply
practice being where
your feet are.

Sandy Behnken

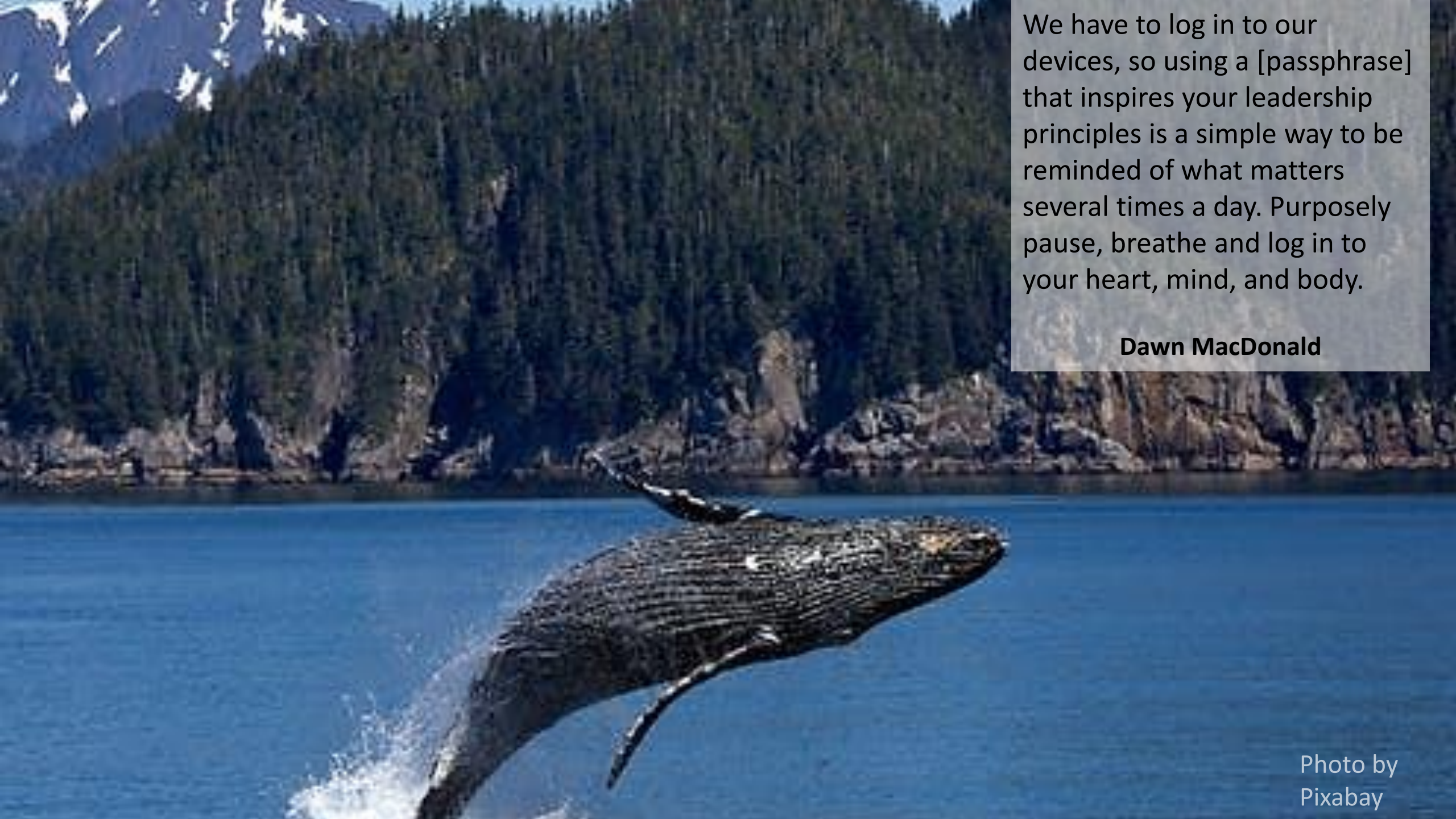
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Tomas Anunziata

A surreal landscape featuring a dark, textured ground with several small, glowing mushrooms. Numerous glowing blue butterflies are scattered across the scene, some in flight and others resting on the ground. The background is a deep, dark blue with a subtle pattern of light spots, creating a dreamlike atmosphere.

As we cultivate our Leadership Presence allowing for pause and attention we become aware of the value of listening to self and others, then clarity emerges and real communication becomes possible...

Patricio Barriga

Photo by
Pixabay



We have to log in to our devices, so using a [passphrase] that inspires your leadership principles is a simple way to be reminded of what matters several times a day. Purposely pause, breathe and log in to your heart, mind, and body.

Dawn MacDonald

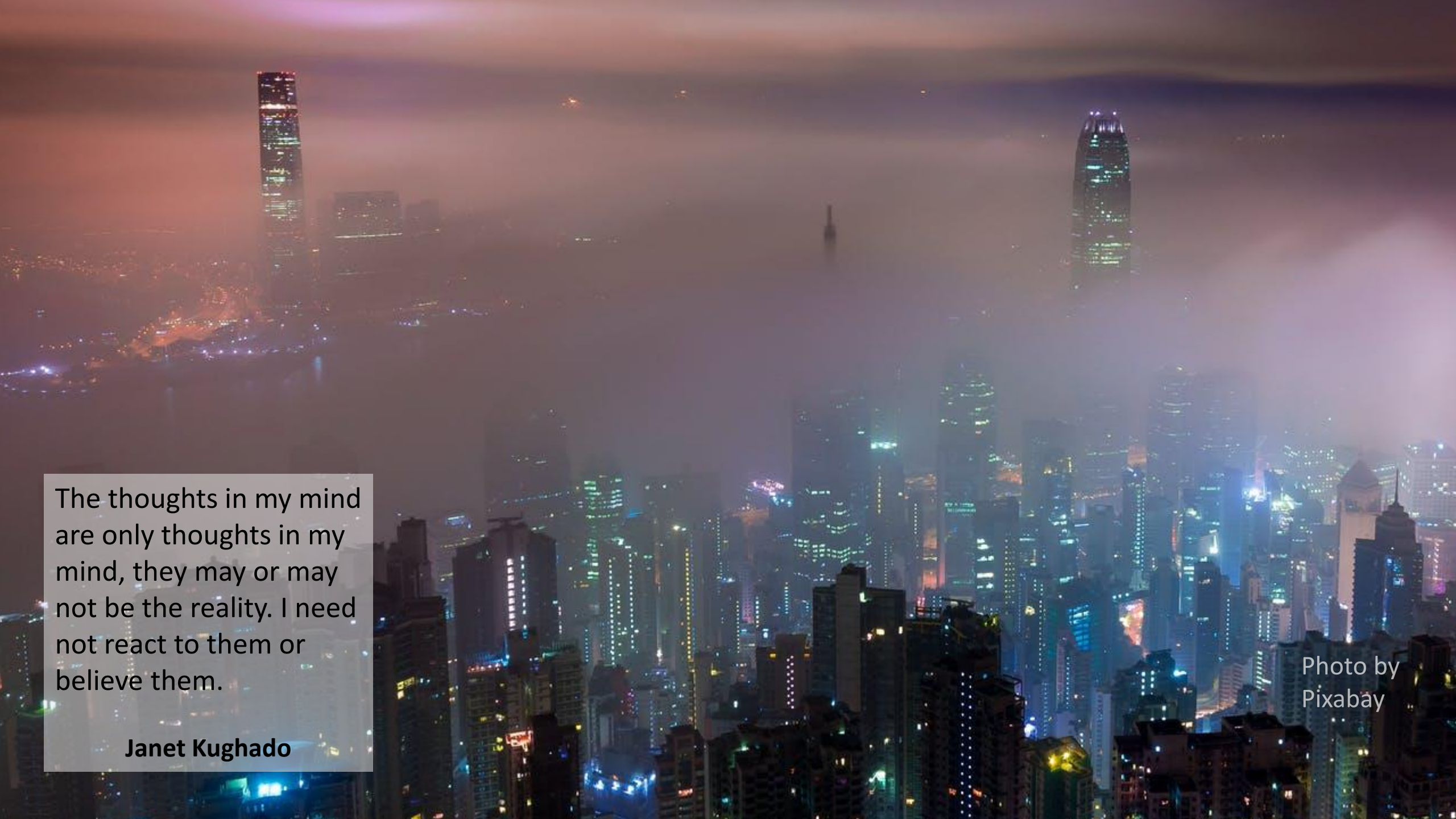
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How long does it take for a person to find a miracle in this cynical age? The few minutes it takes to exchange a smile, look up at the stars or calculate just how unlikely and wonderful even the most mundane things are.

Brian Thompson

Photo by
stein egil liland



An aerial night view of a city skyline, likely Hong Kong, featuring numerous illuminated skyscrapers and a dense urban landscape. The lights are primarily blue and white, with some warmer tones from streetlights and lower-level buildings. The sky is dark, and the overall atmosphere is hazy and atmospheric.

The thoughts in my mind
are only thoughts in my
mind, they may or may
not be the reality. I need
not react to them or
believe them.

Janet Kughado

Photo by
Pixabay

Photo by
Egor Kunovsky

All photos are from Pexels.com

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Institute for Mindful Leadership

