

MINDFUL

Meaning: Mindful: Adjective describing a state of active, open attention to the present moment, often practiced to enhance awareness and well-being.

1. Being mindful during meditation can significantly enhance your overall sense of well-being.
2. She practiced mindfulness each day, taking time to appreciate the small joys in life.
3. The teacher encouraged her students to be mindful of their thoughts and actions throughout the day.
4. In a fast-paced world, being mindful can help reduce stress and improve focus.
5. He approached the conversation with a mindful attitude, ensuring that he listened more than he spoke.

Source: sentences.whatistheurl.com

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