

# MINI MINDFULNESS EXERCISE

Sign your name 5 times as you would normally do:

**BOX #1**

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Sign your name 5 times but change something each time:

**BOX #2**

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Sign your name 5 times as you would normally do, again:

**BOX #3**

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## TAKE A MOMENT TO NOTICE

**self-care spotlight**

**BOX #1**

If you are you able to automatically replicate your signature.

**BOX #2**

The amount of attention needed to create different versions of your signature each time.

**BOX #3**

Differences in the first few signatures.  
**Disrupting the autopilot mode can change our patterns.**