Two minutes of Zen topics\* ☯️

Stress

The Power of your Breath/breathing

Your Energetic ecosystem

~Diet, exercise, sleep, thoughts

Top Ten Brain Foods

Gratitude

Power of your Smile

Growth mindset versus fixed mindset

Procrastination

Grounding (in nature)

Willpower

Social media / technology

Power poses

Memory

29 Gifts

The Zen of relationships

The Zen of studying

Create your Reality

Your most important conversation(s)/your internal Dialogue

\*These are the topics I mentioned in the Well-being presentation on May 18, 2021.