

# My Live Eat Play



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## LIVE!

My **Live** is to be present and mindful. I strive to be mindful because mindfulness allows me to enjoy the current moment without dwelling on the past or waiting on the future!

## EAT!

My **Eat** is to make each meal full of color, yellow and red bell peppers, carrots and broccoli. The more color the better!

## PLAY!

My **Play** is running, hiking, and doing yoga. These activities make me feel alive!