



July 16 – 20th

**SWEET SUMMER
MINDFULNESS
CHALLENGE**

It's Summertime and the Living is Easy.

Join me over five days as I help you to savor the sweetness of summer. When autumn arrives, you won't need to ask yourself, "Where did the summer go?"

This **free challenge** will help you to immerse yourself in all the joys of this season. Each day you'll receive a short email or video from me on how to intentionally embrace your day. The summer supports activity, high energy, abundance, and creativity. Let's make the most of it together!

Sign up today at www.q4-consulting.com



Dr. Chris Johnson
Founder & CEO
Q4 Consulting, Inc

**Embodied
Learning and
Leadership**

**CAPITAL STRATEGIES
INVESTMENT GROUP**
Women's Forum
Presents

**Mindful Living: The
Power of Presence**

with Dr. Chris Johnson

Wednesday, June 27th
5:00pm – 6:30pm

RSVP to
nmeyers@capstratig.com



passion. purpose. potential.

10 Ways to Mindfully Soak Up Summer



Spend time in nature. Simply observe the beauty that exists all around you - the colors, scents, and sounds.



Go to the farmer's market and taste some super sweet berries, a ripe tomato, a juicy peach, some local honey.



Find a new route to your destination and notice what you see along the roadside. Stop and explore.



Watch a sunrise or sunset. Allow its beauty to wash over you and inspire gratitude.



Dig in the dirt. Plant something beautiful where you'll see it every day.



Sit in stillness outside in the evening. What do you hear?



Kick off your shoes! Feel the coolness of the grass on the soles of your feet and the heat of the sun on top of your toes. Sense that you are grounded.



Turn up the music and dance. Feel your body loosen as you move freely to the rhythm. (Twerk if you must!)



Head to a park and find a swing. Feel the wind on your body as you accelerate through the air.



Enjoy an outdoor play or concert—be there fully in the experience.