



## **MINDFUL PERSPECTIVE**

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### **OVERVIEW**

Our life is defined by what we pay attention to and the tone of that life is dictated by our perspective. We can drastically impact the quality of our lives, just by mindfully altering our perspective.

The vast majority of our world doesn't carry inherent meaning, the appreciation, beauty and joy that we experience is dictated by our own personal perspective and intention. The practice of mindfulness can help us better shift perspective in times of need.

### **OBJECTIVES**

- Understand how perspective defines our lives.
- Learn how some basic human instincts can make it difficult to see the positive and how just knowing that can help us.
- Leave participants with a general understanding of basic mindfulness meditation practice and how it benefits our ability to work with perspective.

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