



Hello APWA Attendees,

It was a pleasure presenting my program at your conference. Mindset counts and plays a profound role in the way we effectively pursue our goals and enhance our success.

It all starts with awareness and attention to our thoughts. When we hold ourselves accountable daily to reinforce our positive intentions, we gain a better understanding of our direction and purpose. Every day can hold uncertainty, yet reinforcement, repetition and self-discipline allows us to access what is important and allowing us to ignite our potential.

I am sure you know the value of giving yourself permission for growth. Every day brings new opportunities and new choices. Look for ways to exceed your own expectations.

When your mindset receives exciting thoughts, inspiration, and suggestions, the subconscious goes into overdrive, making these key components of success at the forefront to take action. Start today by giving yourself permission to be more relaxed, aware, and calm. In doing so, you open the door to new possibilities and opportunities.

Set a few minutes on your calendar every day just to breathe. This will clear, calm, and leverage your mindset.

- √ Sit in a comfortable position
- √ Turn off all notifications
- √ Begin by closing your eyes
- √ Turn your attention and awareness towards your breathing
- √ Be present with each breath
- √ Notice the simplicity of your breathing
- √ Give yourself permission to be in this moment
- √ Just breathe
- √ When you are ready, just open your eyes

Thank you again for having me at your conference!

For more information on my mobile app on mindfulness, meditation and having a growth mindset, here is a link: <https://rickykalmon.com/app/>

Be well and be mindful!

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