

Today is gonna be a

MINDFIELD!

THE MINDFUL LIVING BOARD GAME

CAN YOU GET THROUGH YOUR DAY
THE MINDFUL WAY?

RULES of PLAY

* FIRST *
YOU'LL NEED SOME DICE.

* NEXT *
CAREFULLY CUT OUT YOUR GAME PIECES

* THE OBJECT *
GET FROM START TO FINISH WITH AWARENESS.
BEWARE OF DISCURSIVE MIND TRAPS!
AND REMEMBER: THIS IS THE ONE BOARD GAME THAT
IS *NOT* A RACE TO THE FINISH. SLOW DOWN & BREATHE!

START



Missy
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UH-OH... BREAKFAST DISASTER ZONE!

oh no!
Burnt toast!
Roll again

oh sugar!
Salt in your coffee!
Back 3 spaces

whoops!
Decaf.
Skip a turn.

good egg!
A healthy
sit-down
breakfast!
Jump ahead
5 spaces

blech.
Poured
O.J. on cereal.
Back 2 spaces

late again!
Skipped
breakfast-
One turn in
the Swamp

FINISH



Quality cuddle
before bedtime-
Proceed to the
finish line!

ZZZZ
Fall asleep
watching TV.
Back 3

SWAMP OF DISCURSIVE THOUGHTS!

barbell
Blow off steam
at the gym-
Forward 3

barfly
Blow off
steam at
the bar-
Back 2

McYuck
Drive-thru dinner
spells indigestion!
Skip a turn

Bon appétit
Enjoy a
sit-down
family meal-
Forward 3

**Take the whole hour
for lunch. Taste. Chew.
Swallow. Enjoy!**
Forward 5

**Remember a
co-worker's
birthday-
Jump ahead
2 spaces**

o.m.g!
Indulge in some juicy
office gossip-
Slide down the slippery slope to...

SEA of CLARITY



A++
Help kids with
homework
Forward 1

DAUGHTER

do you...
Walk her
to school?
Forward 1

...or put her on
the bus and rush
to work?
Back 1

find a mate
Appreciate the simple
pleasures of pairing socks-
Go forward 2 spaces

dirty work
Enjoy an hour
in the garden.
Forward 1



om-work.
Find a moment
to meditate.
Forward 1



RUMOR ISLAND



So lonely. Skip a turn.

SYSTEM ERROR
Reboot. Bang head on
desk. Consider becoming a
farmer. Or a monk. Spend a
turn in the swamp.

...or
pause to
think before
reacting?
Forward 4

do you...
Bark back?
Go back
1 space

THE BOSS
HE'S SO RUDE!

#%*@#!!!
You cut me off!
Go back 2 spaces,
you big jerk.

OOPS

Spaced out,
missed your exit...

...USE THIS OPPORTUNITY TO SLOW DOWN, TAKE A BREATH, CLEAR YOUR MIND, BE OBSERVANT...

