

# mindfulness



your gateway to mindfulness\*

**What is mindfulness?**

# What is mindfulness?

**one** The quality or state of being conscious or aware of something.

**two** A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.



**mindf\*ness**



Mindf\* Breathing™

Mindf\* Quotes™

Mindf\* Listening™

Mindf\* Appreciation™

Mindf\* Aversion™

Mindf\* Reminders™

This app is going to make  
the world a **different** place!

**Mindf\* Breathing™**

"Grab them by the p\*\*\*\*" D.Trump

"five fingers up yo mama" R. Kochauf

# Mindf\* Quotes™

"You're just a average  
breed of monkeys on a  
minor planet of a very  
average star.\*" S.Hawking

**Mindf\* Listening™**



# Mindful\* Appreciation™

## Retake?

I believe in second chances,  
and you certainly need one.  
Luckily i can help, retake?

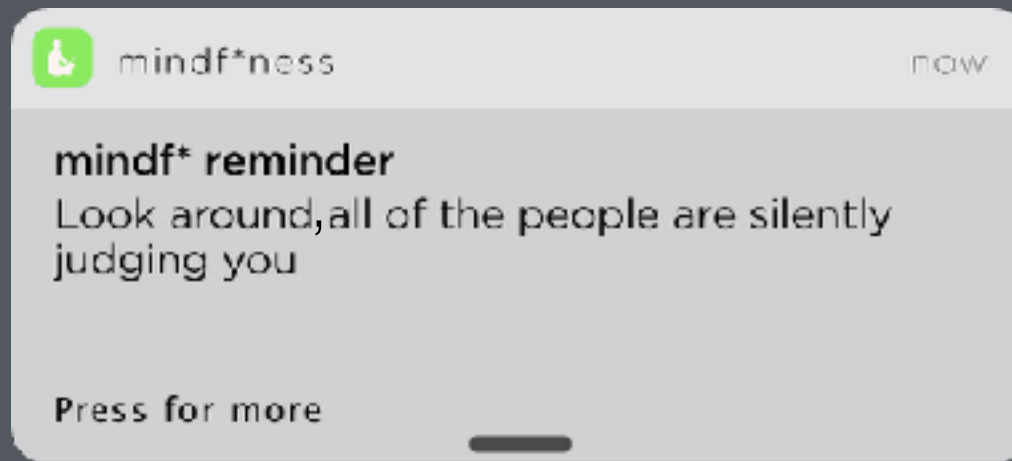
OK

What's your definition of failure?

Why aren't your life as good as it could be?

**Mindf\* Avernoess™**

Why do your mama love your siblings more than you?



# Mindf\* Reminders™

Wh



Why  
Not?

ask?

five sprints

# five sprints

## one

create basic structure

create layout to views

implement home page

## two

implement  
mindf\* listening™

implement  
mindf\* quotes™

## three

implement  
mindf\* Appreciation™

implement  
mindf\* Averness™

## four

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# App Store

europa & north america

app rating 12+



# Android

five sprints





Make your mind **great** again