

Creating My Mindful Space

by sustainovators

Team Members:

Amoani-Antwi Charles

Bekoe Papa Offei Obuobisah

Ewurama Nhyira Acquah

Username: caamoani

Schools: Kwame Nkrumah University of Science and Technology & University of Mines and Technology.

Activity:

I created my mindful space today which I used to read my Bible, do my morning devotion and read my new favorite Dan Brown book, Secret of Secrets.

Spot I picked: Balcony of the first floor of my house because the view is pretty up there and also it's nice to feel the wind on my face when I am in my zone.

Elements In My Mindful Space:

Two chairs: One for sitting and relaxing; the other to be a reading table of sorts.

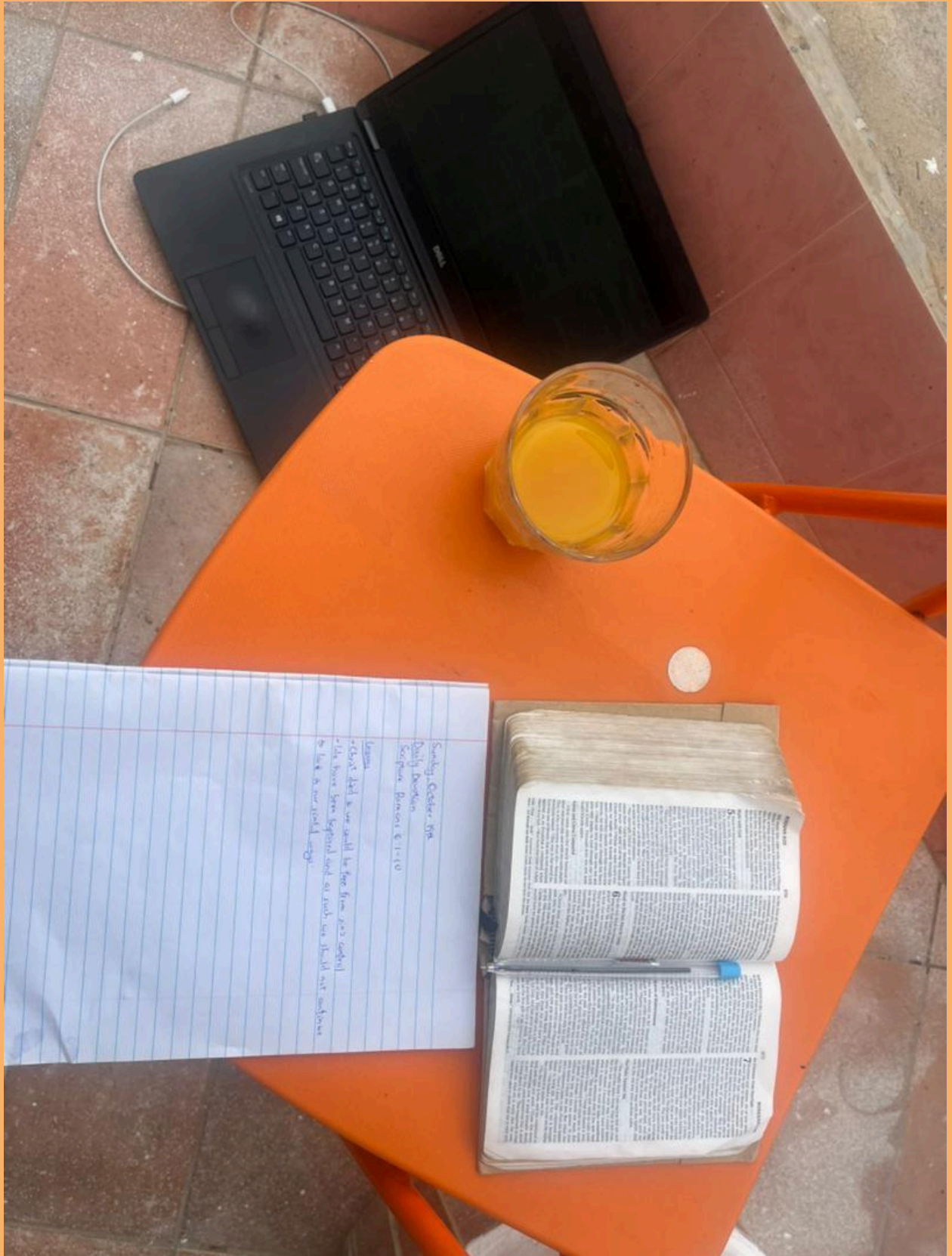
A journal and pen: I used this to write what I learnt during my devotion and some of the things that fascinated me while reading the Secret of Secrets.

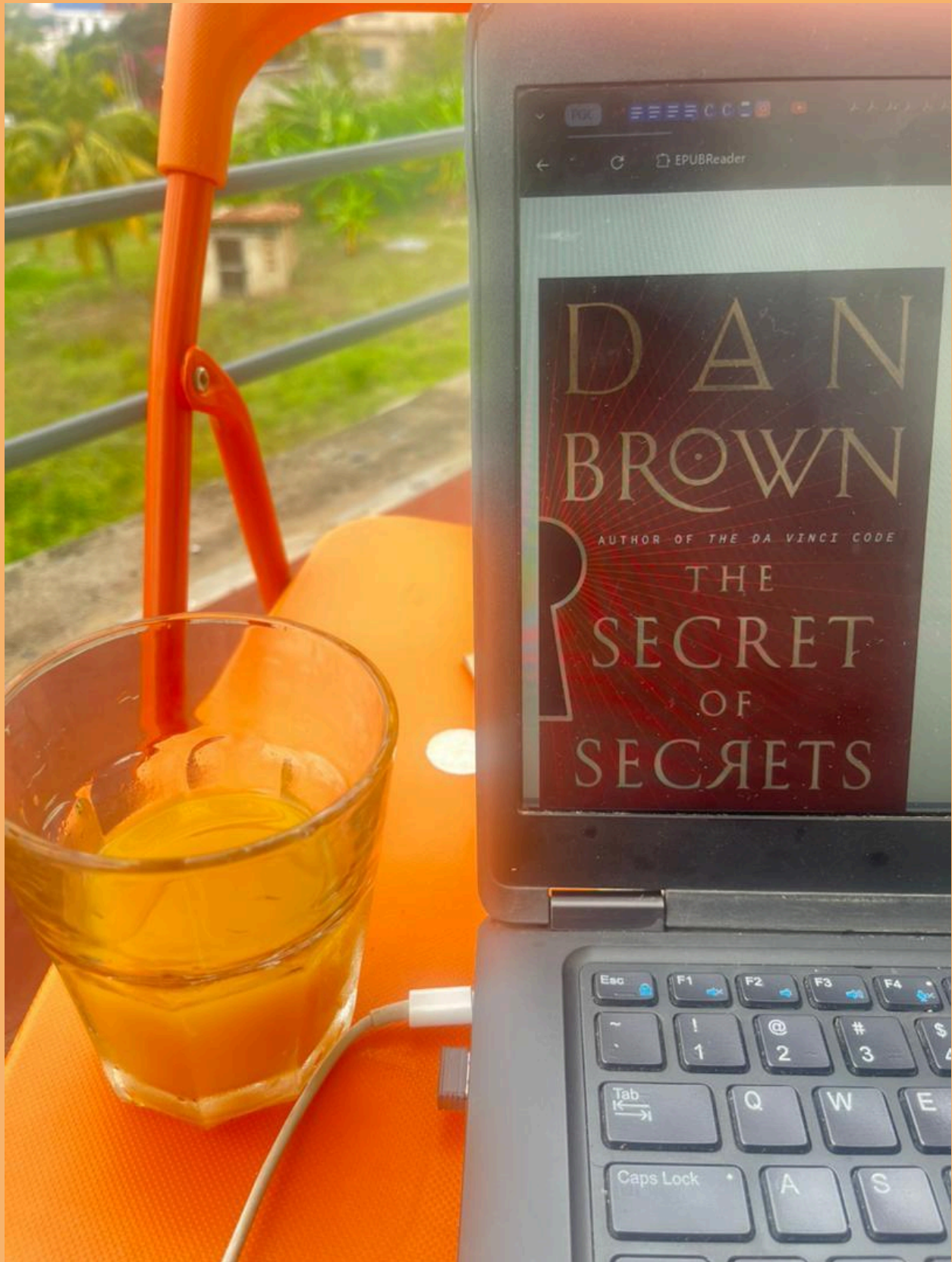
My Bible: I used my hardcopy Bible for the devotion. This is a change because I normally use the Bible on my phone.

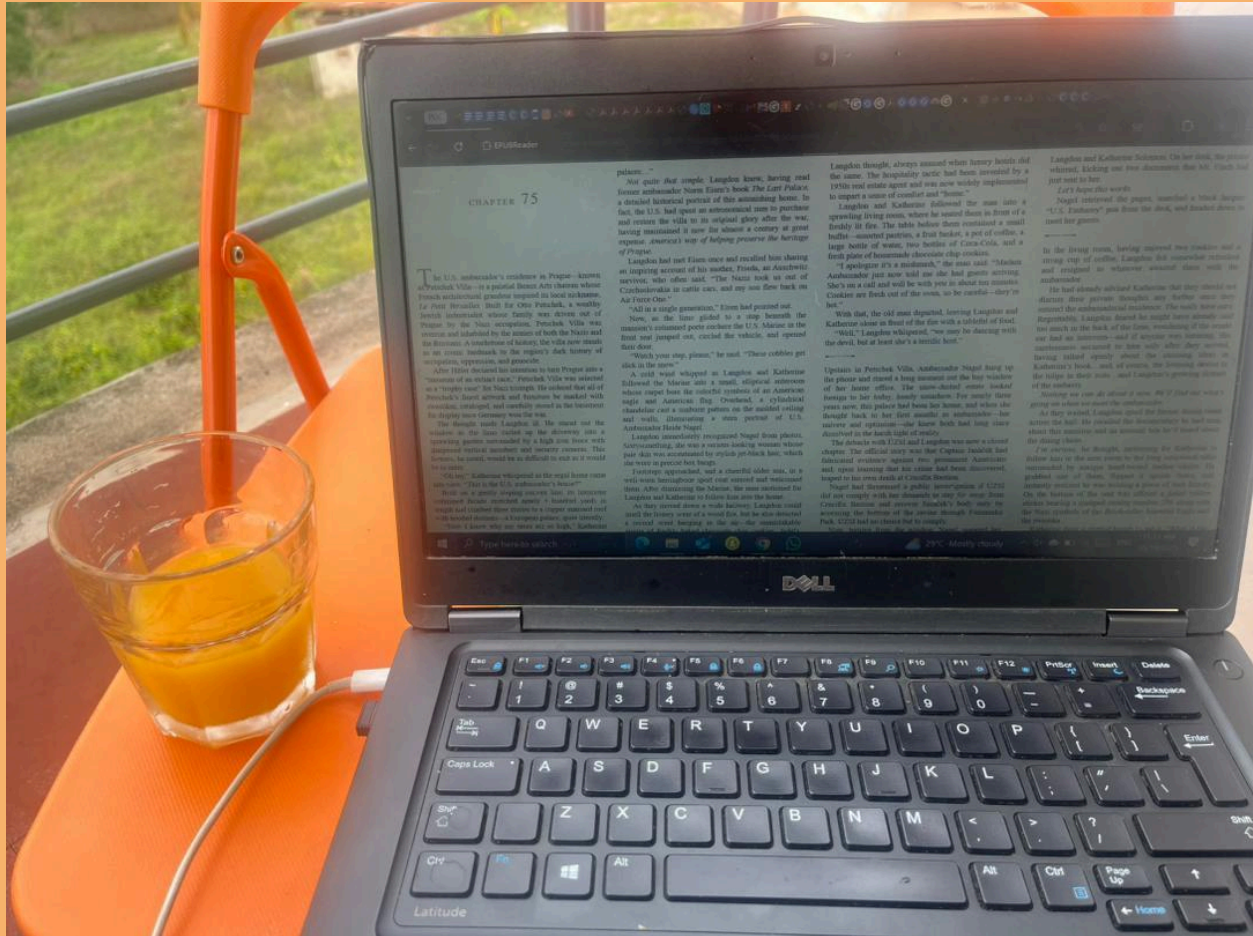
A glass of orange juice: Am I truly relaxing if I'm not drinking freshly squeezed orange juice by ME. What makes it better is that it aligns with FLOSN principles and I used a reusable glass so no plastic waste!

Photos of my mindful space:











BEAUTIFUL VIEW RIGHT!!

REFLECTION:

Today, I created a mindful space to help me slow down, reconnect with myself and find peace in the present. I chose the balcony on the first floor of my house as the spot because of its beautiful, elevated view and the refreshing feeling of the wind brushing against my face. There is something truly grounding about being surrounded by open air and the sky; it made me feel very calm and so connected to nature.

In my space, I set up two orange chairs; one to sit and relax on, and the other to serve as a makeshift reading table. On the chair-table, I placed my journal and pen. My devotion was based on a scripture from Romans 6:1-10 and one lesson I wrote

down was that “*Christ died so we could be free from sin’s control*”. Also, an interesting fact I learned from the Secret of Secrets book was that we humans have a neural activity inhibitor called GABA which is acronym for *Gamma aminobutyric acid*, which helps to inhibit sensory information and protects our brains from being overloaded by too much sensory stimulus.

To complete the experience, I poured myself a glass of freshly squeezed orange juice. It added a cheerful touch and reminded me of the importance of simple, sustainable living. The fact that it was homemade and served in a reusable glass aligned perfectly with FLOSN principles: no plastic, no waste, just mindfulness in action.

As I spent time in this space, I noticed a significant shift in my energy. After my morning jog, I was feeling a bit tired and worn out, but as I read, reflected, and took in the view, I became calm and centered. My thoughts slowed down, my breathing deepened, and I felt a renewed sense of gratitude. It was a gentle reminder that wellness doesn’t require elaborate routines or distant retreats but it can be cultivated right where I am, with intention and awareness.

Creating and spending time in this mindful space helped me feel grounded, peaceful, and ready to move through the day with clarity and purpose. It reaffirmed how important it is to create small moments of stillness, not just for my own well-being but also as a way to reconnect with the environment and the values I want to live by.

Instagram Post:

I uploaded a reel of me in my mindful space as I did my devotion and read my book. Here’s a link to the reel. [Link](#)

