

MINDFUL
IN MAY

Mid-point reflections

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**Be a curator of your life.
Slowly cut things out until
you're left only with what you
love, with what's necessary,
with what makes you happy.**

Leo Babuta

You are halfway through!

Take a moment to acknowledge your commitment. In this age of “busy” – it’s a big win. Now is a good time to reflect on how it’s all going for you, so that you can take stock and also adjust any intentions for the rest of the program.

What was the biggest challenge of your week and were you able to bring mindfulness into that moment?

If you weren’t able to be mindful in that moment, can you take a moment now and actively bring compassion to yourself? Notice how it feels to actively bring compassion to yourself – is that a familiar feeling or more unfamiliar?



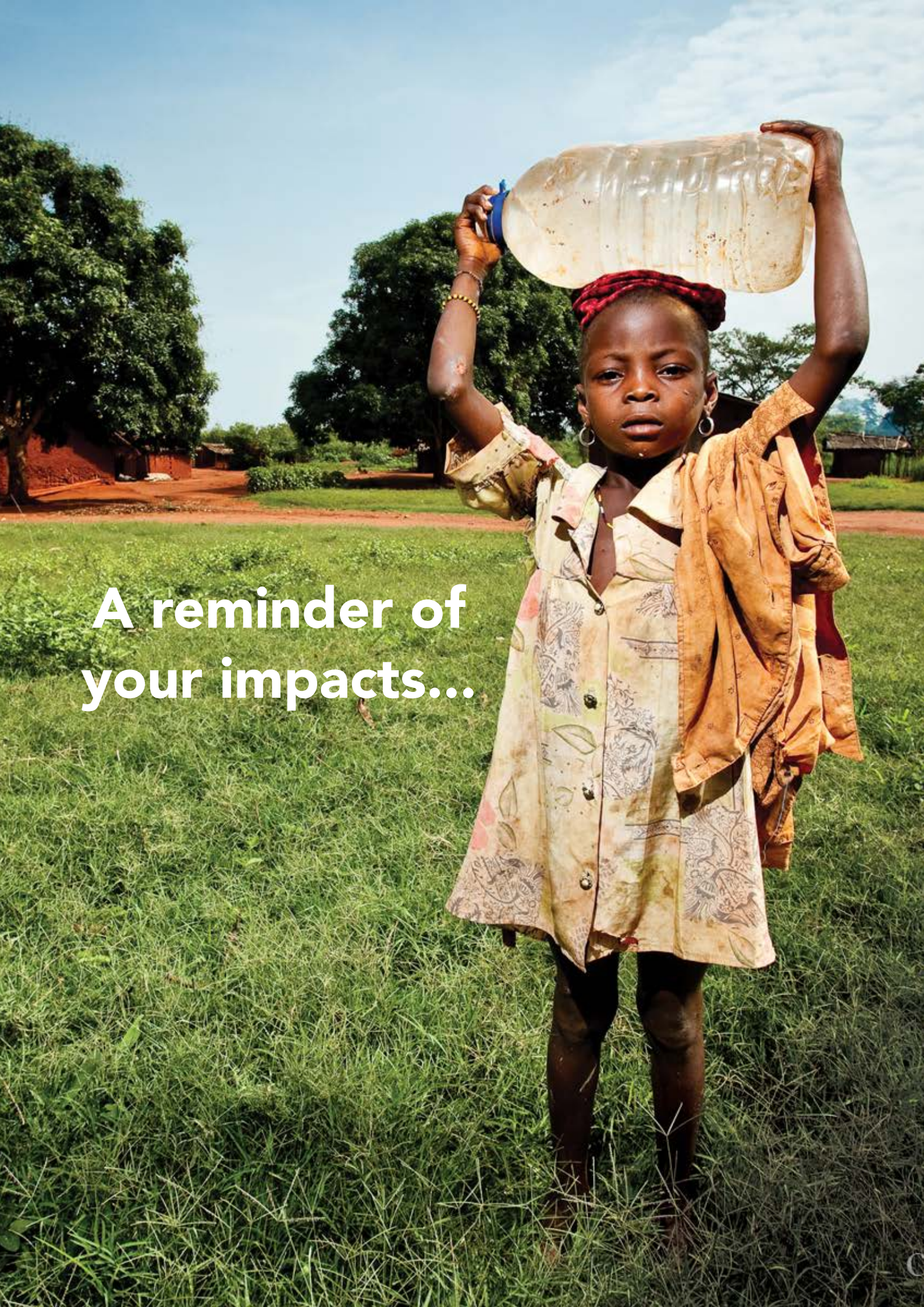
What are your three most important values in life?

What is one thing you can do today to get more aligned with one of your values?

Feel free to share any of your reflections from the week in the private Mind Life Project Facebook group. [Click here](#) to go to the group page.



MINDFUL IN MAY



**A reminder of
your impacts...**

As a global community, our fundraising continues – and so, as you develop this life long skill of mindfulness, we are also contributing through our collective fundraising to transform so many lives through the gift of clean, safe drinking water.

Today, when you sit to practise, take a moment to think about the thousands of people that are with you on this month of meditation and the thousands of people we are supporting, through raising funds to build water projects in Mozambique.

On the following pages, you will see some of the communities that Mindful in May has helped in the past...



Gitumba Complex

Published March 2015



1360

People Served



Water Point & Sanitation

SPONSOR
Mindful in May

PROJECT COST
\$13,324.27

LOCAL PARTNER
Water For People

FIELD NOTES

charity: water projects at schools like this one use clean water as a catalyst to improve the overall health of kids and the surrounding community in the Rulindo district.

Students used to walk up to two hours to collect water for school. The water was not safe to drink and often made them sick. Thanks to your help, the students now have access to water right at their school! And most importantly, the water is safe enough to drink.

These students did not have a clean, private place to use the bathroom, which is essential for preventing diseases and keeping kids in school. Your money has provided students here with improved sanitation. Plus these students are able to learn about the importance of proper hygiene, which can greatly improve their overall health.

Girls in developing countries miss up to a week of class each month, or even drop out of school, when they hit puberty, because they don't have a private place to use the bathroom during their school day. charity: water invests in separate latrines for girls and boys to ensure privacy and maintain dignity for students.

[See how we tied your Dollars to Projects](#)

FUNDED BY

Mindful in May

1 DONATION

Mindful in May

\$13,324.27 of \$70,727.30

Mai Ebuek

✓ Published November 2015



Ethiopia

14.32918, 39.27628

400

People Served



Drilled Well
(Rehabilitated)

SPONSOR

Mindful in May

PROJECT COST

\$9,874.50

LOCAL PARTNER

Relief Society of Tigray

FIELD NOTES

Thanks to you, this community now has access to clean and safe drinking water. Additionally, our local partners trained community health workers and local leaders to disseminate positive hygiene and household sanitation messages to their respective community members.

Each family using the new water source contributed toward their project's construction — a small fee, but one that helps instill a sense of personal ownership for the project. Each family will continue to pay a small amount to use the water. The community will save this money for any necessary maintenance and repairs.

Fees weren't the only contribution the community gave towards this water project. Community members also helped build roads so that drilling rigs could reach their community. And they helped build structures to protect each water source after they were built.

The people here, especially women and girls, used to walk up to two hours to collect water for their families. The water wasn't safe to drink and often made people sick. Thanks to your help, people here are walking significantly less every day to collect water. Most importantly, the water they bring home each day is safe enough to drink.

[See how we tied your Dollars to Projects](#)

FUNDED BY

Mindful in May

1 DONATION

Mindful in May

\$9,874.50 of \$91,047.23

Agiki Lango

✓ Published June 2017



Uganda

2.8367, 33.29497

405

People Served



Drilled Well

SPONSOR

Mindful in May

PROJECT COST

\$13,445.52

LOCAL PARTNER

Concern Worldwide U.S.

FIELD NOTES

This community in Uganda received a drilled well. This well was constructed by a professional team of drillers that reached water deep underground. To instill a strong sense of ownership, the community was also part of the planning and building process. Before this well was constructed, this community spent hours collecting dirty and unsafe water. Now they have improved access to clean water, sanitation and a water committee trained in promoting best hygiene practices.

[See how we tied your Dollars to Projects](#)

Funded by donors from 1 campaigns and other donations

Mindful in May 2015

Mindful in May - \$13,445.52 of \$180,559.99

1 DONATION

Mindful in May

\$13,445.52 of
\$180,559.99

The remainder of the cost of this project was funded by individual donations for a total of \$13,445.52

Here are some key facts about the global water crisis:

- In Africa, 90% of the work of gathering water and wood, for the household and for food preparation, is done by women.
- On average women and children travel 6 kilometres per day collecting water and carrying up to 20 kilos per trip.
- In some mountainous regions of East Africa, women spend up to 27% of their caloric intake in collecting water.

Remember, that every \$50AUD raised this May will bring clean water to one person for life... That's a pretty significant contribution you can make to change someone's life for the better.

Let's keep the fundraising going!

If you haven't donated and you're not fundraising – check out your fellow MIM meditators who are and donate to one of them [here](#).

[Take a look at this report](#) if you want to see more projects we've built through previous campaigns. If you're contributing to the cause this MIM, hHang tight — it takes about 21 months to build, implement, and then fully report back on a water project.



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“Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give.”

Eleanor Roosevelt