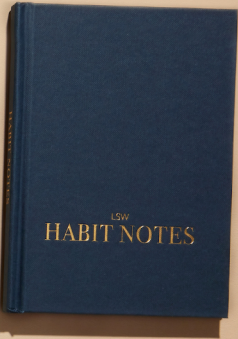
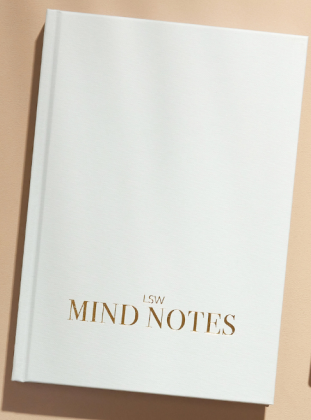


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CATALOGUE







## MIND CARDS

Mind Cards are a pack of 45 cards each with a different tool or task for the user to do each day. Building the habit of making positive choices each day will help the user to lead a more fulfilling and happier life.

- Contains 47 individual round corner cards presented in a lidded box.
- Dimensions: 110mm x 70mm x 22mm  
Weight: 120g
- Five categories: Gratitude, Reflection, Ritual, Kindness, Journal

**PRICE £9.20 +VAT**



## JOURNAL EDITION

This pack of cards contains 45 prompts to guide your journaling and focus your writing in the most positive, absorbing and beneficial way. Become more creative in your journaling as these cards guide you each day to ensure you are answering the questions that will lead you on a path of self-discovery.

- Contains 45 individual round corner cards presented in a lidded box.
- Dimensions: 110mm x 70mm x 22mm  
Weight: 120g

**PRICE £9.20 +VAT**



## NEW MUM EDITION

Mind Cards: New Mum Edition is a set of cards offering a different tool or task each day to act as little reminders to prioritise self care & self love during the early stages of motherhood.

- Contains 47 individual round corner cards presented in a lidded box.
- Dimensions: 110mm x 70mm x 22mm  
Weight: 120g
- Five categories: Gratitude, Ritual, Self Care, Reflection, Affirmation

**PRICE £9.20 +VAT**

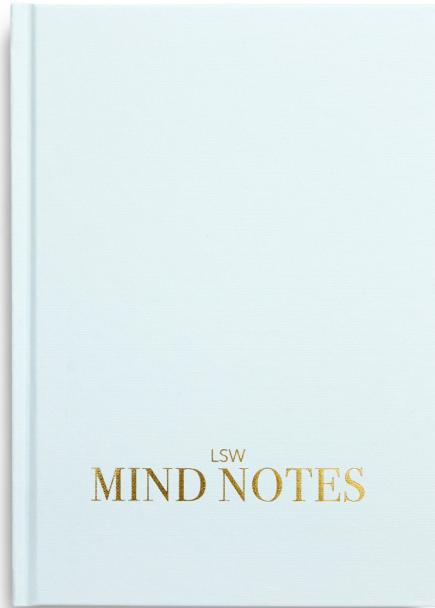


## KIDS' EDITION

Mind Cards: Kids' Edition make it fun and easy for the user to introduce the power of mindfulness, gratitude and affirmations to their children. To help a child to keep calm, understand their feelings and focus on the present.

- Contains 37 individual round corner cards presented in a lidded box.
- Dimensions: 110mm x 70mm x 22mm  
Weight: 102g
- Five categories: Kindness, Gratitude, Today I Am, Repeat After Me, Mindfulness.

**PRICE £9.20 +VAT**



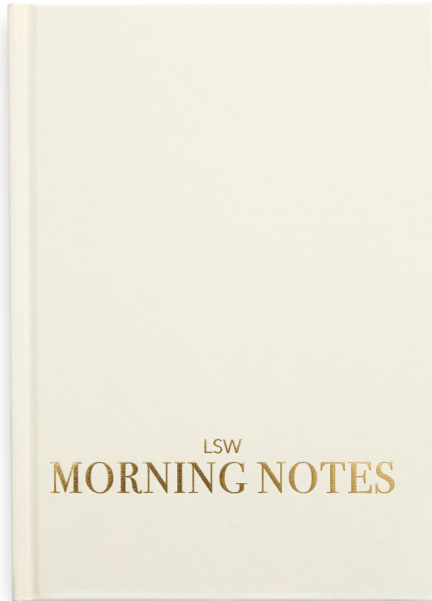
## MIND NOTES

Mind Notes is a six-month daily wellbeing journal designed to help the user pinpoint thought and behaviour patterns, encourage the practice of gratitude and use weekly exercises to increase positive wellbeing.

- 224 page undated journal. Monday-Friday prompts with weekly review pages and additional exercises.
- Dimensions: A5 148mm x 210mm  
Weight: 475g
- Made in the UK.

**PRICE £16.99 +VAT**



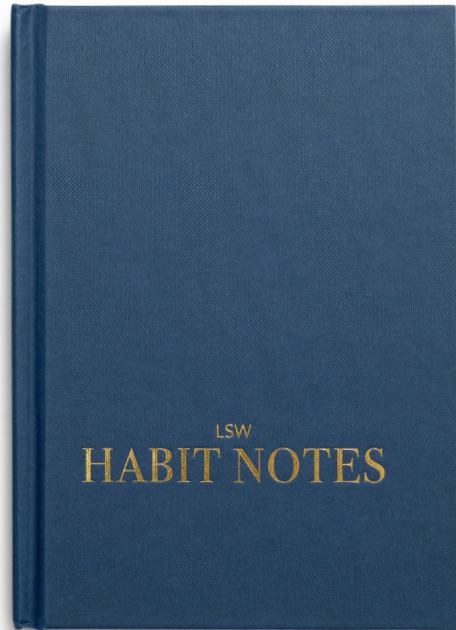


## MORNING NOTES

This journal has been designed to be used in the morning, to help you start each day with a positive mindset and encourage you to identify obstacles which you can utilise in a way that can benefit you.

- 192 page undated journal. Monday-Sunday prompts with monthly review pages, gratitude diaries and mindful colouring.
- Dimensions: A5 148mm x 210mm  
Weight: 330g
- Made in the UK.

**PRICE £14.16 +VAT**



## HABIT NOTES

LSW Habit Notes is a twelve-week undated daily habit tracking journal. In this journal you will find exercises that help you create positive habits and give you the tools to make them stick.

- 128 page undated habit tracking journal. With Monday - Sunday daily and weekly habit tracking pages alongside guided prompts, inspirational quotes, motivational exercises and goal setting.
- Dimensions: B6 125mm x 175mm  
Weight: 230g
- Made in the UK.

**PRICE £14.16 +VAT**



## A5 NOTEBOOKS

Our notebooks contain 192 pages of ruled or dotted paper with a premium gold debossed soft-back cover.

- 192 page lined or dotted notebook.
- Available in four colours: Mid Green, Stone, Real Grey and Mist.
- Dimensions: A5 148mm x 210mm  
Weight: 320g
- Made in the UK.

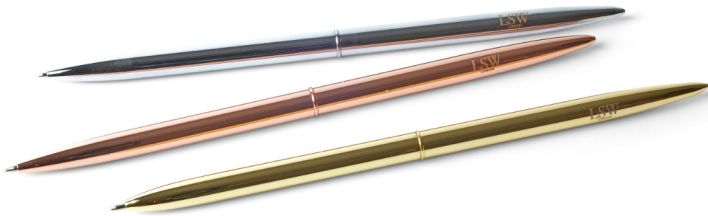
**PRICE £8.49 +VAT**

## PENS

Our retractable pens come in gold, silver and rose gold engraved with the LSW logo. These beautiful pens are the perfect companion to our range of daily journals and notebooks.

- Black ink ballpoint pen.
- Available in Gold, Silver, Rose Gold.

**PRICE £5.66 +VAT**





## LSW TOTE BAG

Designed with 'Everything you need is within' and our LSW logo printed on the front. This is the perfect reusable bag for when you are on the go.

- Natural cotton tote bag.
- Dual shoulder length handles.
- Dimensions: 380mm x 420mm

**PRICE £10.62 +VAT**



LSW  
**MIND CARDS**  
DAILY CARDS FOR A  
MORE FULFILLING LIFE

## HOW TO CONTACT US

Whatever you're after, we are here to help you find the perfect gift of wellbeing for your employees or clients.

Get in touch to discuss your needs and we can work together to create a bespoke order for your company.

Email: [mark@lswlondon.com](mailto:mark@lswlondon.com)

We ship worldwide, shipping prices may vary so please get in touch to discuss.

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DAILY PROMPT CARDS TO  
ENCOURAGE SELF REFLECTION

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KIDS' EDITION  
Daily cards to

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DAILY CARDS TO ENCOURAGE  
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