

### **Awareness App**

The first mobile app focused on developing self-awareness through in-the-moment mindfulness. Random reminders prompt the user to come to the present moment and connect to his/her feelings and thoughts and track what s/he was doing at the time. Released in 2011 it is now being expanded and integrated with The Garden of WE to support self-development through community

Learn more: [www.awarenessapp.net](http://www.awarenessapp.net)



<https://play.google.com/store/apps/details?id=us.leapforward.awareness>



<https://apps.apple.com/us/app/awareness/id402123427>