

JAY SHETTY



TODAY'S MINDFUL
MOMENT

“You can’t
control the
future, but you
can choose how
you feel today.”

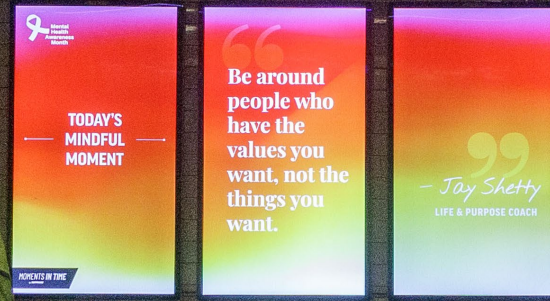
— Jay Shetty
LIFE & PURPOSE COACH

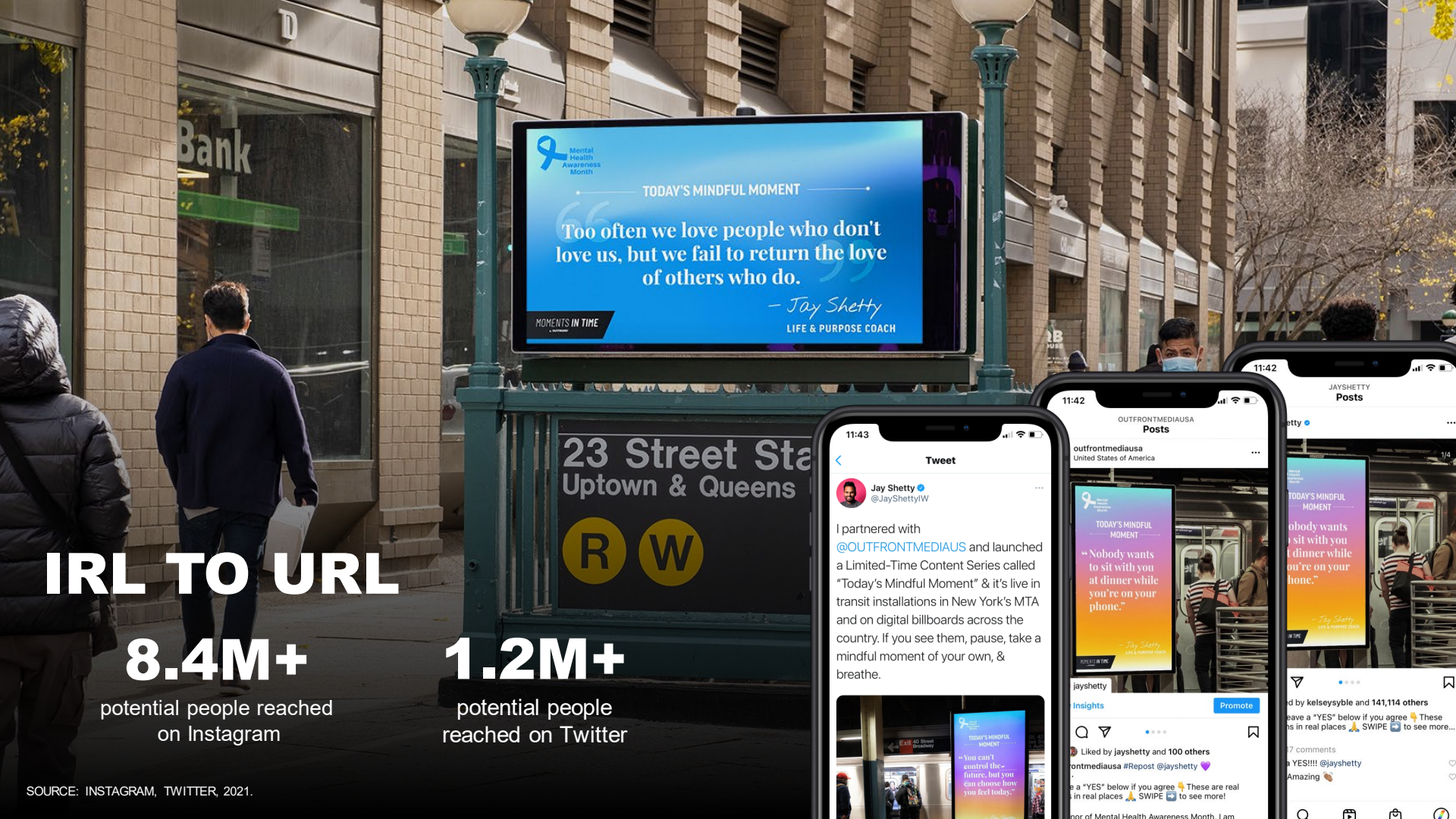
MOMENTS IN TIME
by GUMROAD


St, 42 St Exit
nes Sq
t Authority



In honor of Mental Health Awareness Month, Jay Shetty partnered with MOMENTS by OUTFRONT to release limited-time content series, “Today’s Mindful Moment.” This series featured Jay’s simple, positive mantras on transit installations across New York and digital billboards across the country.






 Mental Health Awareness Month
 — TODAY'S MINDFUL MOMENT —
 “Too often we love people who don't love us, but we fail to return the love of others who do.”
 — Jay Shetty
 LIFE & PURPOSE COACH
 MOMENTS IN TIME

23 Street Station
 Uptown & Queens


IRL TO URL

8.4M+


potential people reached on Instagram

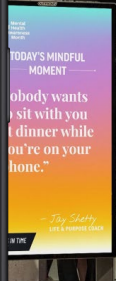
1.2M+

potential people reached on Twitter

11:43
 Tweet

 Jay Shetty @JayShetty1W
 I partnered with @OUTFRONTMEDIAUS and launched a Limited-Time Content Series called "Today's Mindful Moment" & it's live in transit installations in New York's MTA and on digital billboards across the country. If you see them, pause, take a mindful moment of your own, & breathe.

11:42
 OUTFRONTMEDIAUSA Posts
 outfrontmediausa United States of America

 TODAY'S MINDFUL MOMENT
 “Nobdy wants to sit with you at dinner while you're on your phone.”
 — Jay Shetty
 LIFE & PURPOSE COACH
 MOMENTS IN TIME

11:42
 JAYSHETTY Posts

 TODAY'S MINDFUL MOMENT
 “Nobdy wants to sit with you at dinner while you're on your phone.”
 — Jay Shetty
 LIFE & PURPOSE COACH
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SOURCE: INSTAGRAM, TWITTER, 2021.