

I am Mindfulness LIMITED

Company Number: 547591

**Unaudited Financial Statements**

Year End: 31/12/2025

I am Mindfulness LIMITED

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I am Mindfulness LIMITED

## **NAMES OF DIRECTORS AND OTHER INFORMATION**

### **Company Registration Number:**

547591

### **Directors:**

Ciaran Cooke  
Carrigbaun Mews  
Meany Ave  
Dalkey  
Co. Dublin

James Cooke  
20 Herbert Street  
Dublin 2

### **Registered Office:**

Carrigbaun Mews  
Meany Ave  
Dalkey  
Co. Dublin

### **Secretary:**

James Cooke  
20 Herbert Street  
Dublin 2

### **Bankers:**

Bank of Ireland  
Baggot Street  
Dublin 2

### **Solicitors:**

Paul Keogh Solicitors  
Baggot Street  
Dublin 2

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**Extract from Directors report in accordance with section 329 of the Companies Act 2014**

The directors of the company interests in shares/debentures of the company during the financial year are as follows;

<i>Directors Name</i>	<i>Shares Held</i>	<i>Share Class</i>
Ciaran Cooke	1	Ordinary Shares
James Cooke	1	Ordinary Shares

## DIRECTORS STATEMENT OF RESPONSIBILITIES

### *General responsibilities*

The directors are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and Generally Accepted Accounting Practice in Ireland, including the accounting standards issued by the Accounting Standards Board.

Company law requires the directors to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently
- make judgment and estimates that are reasonable and prudent
- prepare the financial statements in the going concern basis unless it is inappropriate to presume that the company will continue business.

The directors are responsible for keeping proper books of account that disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Acts 2014. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors are responsible for the maintenance and integrity of the corporate and financial information included in the company's website. Legislation in Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

### *Directors' declaration on unaudited financial statements*

In relation to the financial statements as set out on pages [ 6 ] to [ 9 ]:

1. The directors approve these financial statements and confirm that they are responsible for them, including selecting the appropriate accounting policies, applying them consistently and making, on a reasonable and prudent basis, the judgments underlying them. They have been prepared on the going concern basis on the grounds that the company will continue in business.
2. The directors confirm that to the best of their knowledge and belief, the accounting records reflect all the transactions of the company for the year ending [ 31/12/25].

On behalf of the board:

\_\_\_\_\_

Director: Ciaran Cooke

\_\_\_\_\_

Director: James Cooke

Date:

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**Balance Sheet as at [31/12/25) (abridged)**

	Current Year 2025 €	Previous Year 2024 €
<b>Fixed assets</b>		
• Intangible assets	0	0
• Tangible assets	0	0
• Financial assets	0	0
<b>Current assets</b>		
• Stocks	0	0
• Debtors	0	0
• Investments	0	0
• Cash at bank and in hand	99	99
<b>Creditors: amounts falling due within one year</b>	<b>0</b>	<b>0</b>
<b>Net current assets (liabilities)</b>	<b>99</b>	<b>99</b>
<b>Total assets less current liabilities</b>	<b>99</b>	<b>99</b>
<b>Creditors: falling due after more than one year</b>		
• Directors Loan by Ciaran Cooke	6500	6500
<b>Provisions for liabilities</b>	<b>0</b>	<b>0</b>
<b>Capital and reserves</b>		
• Called up share capital	0.02	0.02
• Share premium account	0	0
• Revaluation reserve	0	0
• Other reserves	0	0
• Profit and loss account	(6401)	(6401)

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We, as Directors of I am Mindfulness Limited, state that:

(a) the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014,

(b) the company is availing itself of the exemption on the grounds that the conditions specified in s.358 are satisfied,

(c) the shareholders of the company have not served a notice on the company under s.334(1) in accordance with s.334(2),

(d) we acknowledge the company's obligations under the Companies Act 2014, to keep adequate accounting records and prepare Financial Statements which give a true and fair view of the assets, liabilities and financial position of the company at the end of its financial year and of its profit or loss for such a year and to otherwise comply with the provisions of Companies Act 2014 relating to Financial Statements so far as they are applicable to the company,

(e) the company has relied on the specified exemption contained in s.352 Companies Act 2014;

has done so on the grounds that the company is entitled to the benefit of that exemption as a small company and the abridged Financial Statements have been properly prepared in accordance with s.353 Companies Act 2014.

On behalf of the board:

**Signature:**

**Name (Ciaran Cooke):**  
**Director**

**Date**

**Signature:**

**Name (James Cooke):**  
**Director**

**Date**

Notes to Accounts

## 1. Statement of Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

### 1. Basis of preparation

The financial statements have been prepared in accordance with accounting standards generally accepted in Ireland and Irish statute comprising the Companies Act 2014, Accounting Standards generally accepted in Ireland in preparing financial statements giving a true and fair view are those issued by the Accounting Standards Board.

The financial statements are prepared under the historical cost convention modified to include the revaluation of certain fixed assets and financial instruments, and in accordance with applicable accounting standards.

### 2. Turnover Policy

Turnover represents the total invoice value, excluding value added tax, of sales made during the year. Turnover is recognised when the significant risks and rewards of ownership of the goods have passed to the buyer, usually on dispatch of the goods.

### 3. Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less accumulated depreciation and accumulated impairment loss. Cost includes all costs that are directly attributable to bringing the asset into working condition for its intended use.

#### Depreciation

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost less estimated residual value, of each asset systematically over its expected useful life, as follows:

Fixtures, fittings and equipment - 12.5% Straight Line

### 4. Taxation

The yearly charge for taxation is based on the profit for the year and is calculated with reference to the tax rates applying at the balance sheet date.

## 2. Continuing operations

The profit and loss account has been prepared on the basis that the company has only continuing operations in accordance with the Companies Act 2014.

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### 3. Directors and secretary and their interests

The directors who served during the year and their interests in the company are as stated below:

<b>Ordinary shares</b>	<b>31/12/25</b>
Ciaran Cooke	1
James Cooke	1

There were no changes in shareholdings between 31 December 2015 and the date of financial statements.

### 4. Share capital 31/12/25

<b>Authorised equity</b>	
10,000,000 Ordinary shares of €0.01 each	€100,000
<b>Allotted, called up and fully paid equity</b>	
2 Ordinary shares of €0.01 each	€0.02

### 5. Liabilities falling due after one year

Directors loan by Ciaran Cooke	€6500
(Initial loan €10,000, repayment of €3500 on 28/09/16)	

### 6. Staff Costs

The company has no employees other than the directors, who received no remuneration.

### 7. Directors Remuneration

The highest paid director received remuneration of €nil .