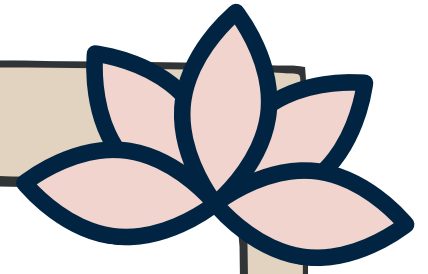


my mindfulness practice



MY WHY

WHAT BENEFITS WILL I RECEIVE?

HOW WILL MY LIFE CHANGE?

WHAT WILL HAPPEN IF I DO NOT CONTINUE TO USE MINDFUL TECHNIQUES REGULARLY?

START SMALL

CHOOSE 1-2 OF FAVORITE MINDFULNESS EXERCISES AND CREATE A SCHEDULE:

ACTIVITY _____ TIME: _____

ACTIVITY _____ TIME: _____

WHAT PART OF MY ROUTINE CAN I TIE THIS TO:

MY ACCOUNTABILITY

WHAT ACCOUNTABILITY STRUCTURES WILL I PUT IN PLACE:

WHEN I ACHIEVE MY GOAL I WILL (MY REWARD):

