

My Mindful Living Practice Plan

The research is clear: a consistent practice over time provides the greatest benefits. A little practice everyday is better than a lot every once in a while. It is important to hold your practice as a time to care for yourself and not another thing you have to “do” in your life.

MY PRACTICE INTENTIONS FOR THE NEXT 7 DAYS ARE

WHY: My motivation for practicing

I want to practice living more mindfully in order to: (see side bar for ideas)

FORMAL PRACTICE

1. What Practice

2. When

Where

3. minutes minimum

days per week

CONSISTENT MINDFULNESS TRAINING

INCREASES

well-being
attention
concentration
self-esteem
self acceptance
self compassion
self care
empathy
compassion
social skills
sleep quality
mental health
emotional health
physical health
immune system
creativity
innovation
intuition
mental clarity
decision making
energy
relationships
communication
synergy + connection
performance
peace
happiness
gratitude
kindness
memory
learning

REDUCES

stress
anxiety
depression
physical pain
addictions
anger
negative emotions
behavior problems



4. Ways to remember (ex: schedule it, set reminders on phone, etc)

INFORMAL PRACTICE(S)

1. What Practice _____
2. When +/-or Where _____
3. Anytime I am feeling _____
4. Ways to remember (ex: schedule it, set a reminder on phone)

1. What Practice _____
2. When +/-or Where _____
3. Anytime I am feeling _____
4. Ways to remember (ex: schedule it, set a reminder on phone)
