

My Mindful Living Practice Plan

The research is clear: a consistent practice over time provides the greatest benefits. A little practice every day 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 make it 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 sidebar for ideas)

Formal Practice:

1. What Practice: _____
2. When: _____ Where: _____
3. _____ minutes _____ minimum* _____ days per week
4. Ways to remember (ex: schedule it, set reminders on phone, etc.):

* **Your minimum** is an amount of time that makes it easy for you to follow through on your intention 100 percent of the time and instill a consistent practice into your life. For example, you may have an intention to do a 10-minute practice five days this week, with your minimum being two minutes of practice.

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