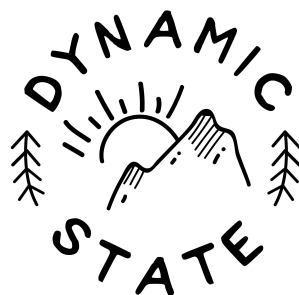


My Daily Practice

<i>Type</i>	<i>Specific Activity</i>	<i>When will/did you do it?</i>	<i>How long did it last?</i>	<i>Done?</i>
Mindfulness: Check in on your mind				
Deep Relaxation: Check in on your body				
Self-Observation: Check in on yourself				
Affirmation: Give yourself a boost				
Committed action plan: Check in on your goal				



BEHAVIORAL HEALTH

Mindfulness: *How is your mind doing? Take a few minutes and do a grounding, mindful activity. We need to take a moment to slow our thoughts, quiet our mind and take stock of what is going on through our head.*

Deep Relaxation: *How is your body doing? Take a few minutes and do something that will help lower your heart rate, slow your breathing, and get your body to a relaxed state. We don't need to start the day already revved up!*

Self-Observation: *How are you, as a whole person? Are you eating well? Have you showered? Take a minute to take stock of how you look and feel. Also, take a minute to check in with how you are feeling about yourself. If we are expected to do well today, we need to be on the same team with ourselves.*

Affirmation: *Why are you going to be able to take on this day? What do you like about yourself? What skill or special power do you have working for you. Tell yourself this and make sure you mean it!*

Committed Action Plan: *What is the one thing you need to do today? You probably have a million things you want to get done. If everything goes haywire and the day completely turns upside-down, what is the one thing you want to make sure you get done? Write it down in a specific, measurable, actionable way.*