

---

## MINDFULNESS PLAN

Use the following prompts to create a personalized plan for incorporating mindfulness and meditation into your routine.

**One mindfulness technique I will try this week:**

*Example: Practicing mindful breathing for five minutes every morning.*

---

---

**One situation where I will practice mindfulness instead of reacting impulsively:**

*Example: Noticing my emotions before responding during stressful conversations.*

---

---

**A realistic meditation goal for the next month:**

*Example: Meditating for 10 minutes three times a week.*

---

---

**A reminder I will use to stay mindful throughout the day:**

*Example: Setting an alarm or placing a sticky note where I'll see it.*

---

---

**One challenge I expect to face and how I will overcome it:**

*Example: If I get distracted, I'll gently bring my focus back instead of giving up.*

---

---