



My Mindfulness Plan:

Building emotional resiliency one breath at a time.

My "Why" (personal, organizational, community, cultural):

- 1.
- 2.
- 3.
- 4.
- 5.

My Mindful Strategies:

- 1.
- 2.
- 3.
- 4.
- 5.

The best times to do Mindfulness for me are:

- 1.
- 2.
- 3.
- 4.
- 5.

Barriers for my daily mindfulness practice may be:

- 1.
- 2.
- 3.
- 4.



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Commitment of Self-Care:

Formal, Tangible, Measurable Goals

Goal 1:

Measurable:

Deadline:

Specific Activities of care:

Goal 2:

Measurable:

Deadline:

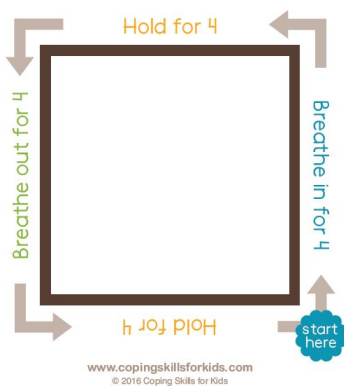
Specific Activities of care:

Goal 3:

Measurable:

Deadline:

Specific Activities of care:



*Know Yourself
Do Your Best
Don't Over Do It
Make A Little Progress
Every Day
-Jou, Tsung Hua*

