

Figure 4.3: Mindfulness Practices—Week Three

| Mindfulness Practice | Recommendation | Your Personal Commitment | Reflection |
|--|--|---|-------------------------------------|
| Daily intention setting (see page 46) for three to five minutes | Once a day for two days, first thing in the morning, setting intentions concerning your home life Once a day for two days, first thing in the morning, setting intentions concerning your work life | I commit to setting intentions for the day in the following manner: | What I learned: |
| Mindful meditation (see page 42) for seven minutes for beginners and thirteen or more minutes for advanced practitioners | Once a day every day, either first thing in the morning or as you end your day | I commit to practicing mindful meditation in the following manner: | What I am learning from meditation: |