

Figure 4.4: Mindfulness Practices—Week Four

Mindfulness Practice	Recommendation	Your Personal Commitment	Reflection
Unplugging (see page 48) at home and school	One personal goal for limiting technology at home and school	I commit to unplugging at home in the following manner: I commit to unplugging at work 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, first thing in the morning or as you end your day	I commit to practicing mindful meditation in the following manner:	What I learned: