

Mindful Reflection

Mindful Instruction—Paying Attention to Your Students

As an individual or with your study group, respond to the mindful reflection questions.

- How do you want to integrate breath work, meditation, and mindfulness into your life?
- During your trial period, did you gain insights that suggest that this could be a valuable practice?
- If you experienced any difficulties, where could you go for additional support?
- Do you have specific compassion challenges? How are you addressing them?
- Sometimes it takes forty days of practice to make a good decision about a new activity. Are you willing to commit forty days to one or more of the exercises in this chapter? Which ones? If forty days seems like a long time, could you start with a month, perhaps completing the exercises three to four days a week?