

Pathways 101

Language Tip #1 for flexibility:

Instead of saying, "I am an awkward person," try saying, "I am having the thought that I am an awkward person."

Instead of thinking, "I am anxious," try saying "Right now I am feeling anxious."

Commitment to action: mindfulness practice

This week, I will practice a mindfulness activity once/day at this time: _____

Options for practicing mindful minutes:

- brushing teeth sitting at a red light walking to class eating breakfast
- other: _____ brief mindfulness mp3 recording

<https://www.youtube.com/watch?v=1oK0IbKTo5Y>

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Also, check out Kristen Neff's TED Talk, and The Honest Guys YouTube channel, and calm.com