

Pathways 102

Language Tip #1 for flexibility:

Instead of saying, "I'd like to go to the party but I am such an awkward person," try saying, "I can feel uncomfortable and go to the party."

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