

Pathways 103

Language Tip #1 for flexibility:

Instead of saying, "I must/should be perfect," try saying, "I want to do my best" or "I choose to make school a priority."

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