

LAST WEEK

WHY:

LEARN:

13 WEEKS TO MINDFULNESS

Awareness—Most of us move through our day in a habitual state. This week, pick one thing to focus on each day. It can be your drive to work, a conversation, or even the way your cup of coffee taste. Wake up your mind at least once a day...pick something and make a point to pay attention to it on purpose.

	TO DO'S	GOALS	PLAN	ACTION
NOW			_____	
LATER			_____	
WHENEVER			_____	

NOW

LATER

WHENEVER

THIS WEEK

HABITS AND REMINDERS

MINDSET

MORNING

AFTERNOON

EVENING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUN

DISTRACTIONS TO AVOID

MOST EXCITED ABOUT