

| LAST WEEK | | | |
|--|-------|-------|--------|
| WHY: | | | |
| LEARN: | | | |
| 13 WEEKS TO MINDFULNESS | | | |
| <p>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.</p> | | | |
| TO DO'S | GOALS | PLAN | ACTION |
| 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 | |
| | | | |