

## Week 1 Home Practice:

1. Set intention for a number of days and times each day to do the formal body scan practice. We have a recorded body scan on the website to follow if you want to be guided. You can also practice the body scan without guidance to see if there is a different edge or experience for you. The intention of this meditation is to NOTICE and SENSE into our body. Building our awareness to Interoceptive Awareness builds our capacity to be in tune and care for ourselves when needed.
2. Set intention for the time you want to dedicate to journaling deeper on the worksheets and exploring the workbook. If able please explore the information regarding the 4 stages of Mind Performance and Holistic Life Practices. There are 2 journal pages to support this exploration.
3. Do Informal Mindful Practice-3 Breathe Body Scan throughout the day when you notice tension, anxiety, or any other strong feeling or emotion-1 breathe sense into feet and hands, 1-breathe sense into torso and arms, 1-breathe sense into the neck, head, and face.
4. Bring mindful attention to 1 activity you feel good about already. Keep it light...brushing your teeth, making the bed, feeding the pets, etc....practice doing these acts with full awareness and attention. This builds our skills around open curiosity.
5. Set intention to notice when the foundational attitude that you chose shows up in your week. EXAMPLE: If it was balanced effort and you find yourself pushing hard on something see if you notice that pause and be curious. Hold it light with non-judgment. The noticing alone will start to lead you to the answers you need. It is a practice 😊.

