

Week 4 Home Practice:

1. Set Intention for formal mediation on Awareness of Breath without counting practice. Set specific goals of a number of days and time for formal practice. What down your intentions and what support you will need.
2. Intentionally bring a sense of lightness and playfulness to areas of performance this week. Use page 20 of your workbook to journal on your experience.
3. Catch yourself on autopilot or lost in thought and mentally note, “Mind Wandering”. Return to what is happening in the present moment.
4. Use page 23 in the workbook this week to journal moments of MicroFlow.

