

### Week 3 Home Practice:

1. Set intention for formal meditation practice throughout the week-week-number of days and time to practice. Take a few moments to write down how long, how often, when, and where you intend to practice. What supports will you need? What challenges might come up to stop you? Utilize the Awareness of Breath with counting for formal practice.
2. Informal Mindful Walking-choose a route you take often and commit to it being your mindful walking path for the week. (Bedroom to the bathroom, house to the car, car to the office, office to bathroom, down a hallway)
3. Informal Practice-Count to 3. During moments of stress or overwhelm, pause, and focus your attention on counting three breaths.
4. Workbook Page 13 Performance Story Shifting-take time to reflect on a performance story you might want to shift. Utilize a worksheet to guide you with prompts to choose a new “performance story”.
5. Set an intention to notice the foundational attitude of “non-attachment” throughout the week. Note when the mind attaches to a story or desired outcome and practice balanced effort and or “cognitive reappraisal”.

