

Week 7 Home Practice:

1. Set specific intentions around formal practice for the week. What do you need to allow yourself to complete your practice with intention? Set a clear number of days and times for your practice.
2. Formal journal practice-gratitude journal-Write down ten things you're grateful for every morning this week. Sit for a few minutes and savor the list. Use page 18 from the workbook to journal one day this week around using gratitude during a difficult time.
3. Practice Mindfulness of Strengths. Start intentionally becoming more aware of when and where you're naturally using your strengths. Utilize page 12 (Strength Spotting Worksheet) to journal and capture your awareness.
4. Practice Strength Spotting (sympathetic joy) mentally note the strengths of other people in your life.

