

MY ACTION PLAN

Please fill out your action plan so you can create a game plan to strengthen your mindfulness practice.

1. MY CURRENT MINDFULNESS PRACTICE:

2. IN TERMS OF EMOTIONAL REACTION, I AM A LOW, MODERATE, OR HIGHLY REACTIVE PERSON:

3. ROADBLOCKS TO STARTING MY MINDFULNESS PRACTICE:

4. ROADBLOCKS TO MAINTAINING MY MINDFULNESS PRACTICE:

5. MY ACTION PLAN TO DEVELOP A MINDFULNESS PRACTICE: