

Try It!

Choose one practice to focus on for one month. Use the prompts in the worksheet to thoughtfully plan how you will use the practice. The worksheet includes prompts for reflection after using the practice for one month.

One practice I will try for a month:	I will address barriers or challenges I face by:
I will use this practice in the following activities:	I will track how I use this practice by:

After one month: Think about the practice you tried. How did it go? What will you keep doing, stop doing, or start doing?

I will keep doing:	I will stop doing:
I will start doing:	I learned this about myself:

