**Week 2 - On Your Own Practices**

* Do one of the “Free Teen Meditations” each dayusing recordings on [**www.mindfulnesstc.com**](http://www.mindfulnesstc.com)
* Pick an every day activity and do it mindfully.

Complete the **“Do it Mindfully” Worksheet – (page 34 Workbook)**

* Complete your **Wellness Log**
  + - Aerobic Exercise
    - Daily Physical Activity
    - Sleep
    - Meditation
    - Technology Use
* Daily **Journaling**
  + - * 3 things you are grateful for
      * Intention for the day
      * Kind words to yourself
      * 3 best things that happened in your day – or 3 “WINS” of the day
      * What happened today as you focused on your Mindful Quality
* Work on the Your **Mindful Quality (pg 21 Workbook)**
* Remember to **S.T.O.P. (pg 33 workbook)**

S. – Stop

T. – Take 2 slow deep breaths

O. – Observe

P. - Proceed