**OYOP’s On Your Own Practices Week 6**

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* Practice **Mindful Walking** this week
* Try practicing **Mindful Movement/Yoga** this week
* Work on your **Mindful Quality** of your choice
* Complete **Wellness Log**
  + - Exercise
    - Meditation
      * + 3 things grateful for
        + Intention
        + Words of Kindness
        + Try Meditations of your choice