**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