Week 7 – OYOP ON YOUR OWN PRACTICES

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Work on your *Mindful Quality*
* Complete *Wellness Log*
	+ - Exercise every day
		- Calming sleep routine
		- Limit technology use
		- Make healthy choices with meals, and snacks
		- Drink 8 glasses of water each day
		- Meditation/Journaling
			* + 3 things you are grateful for…
				+ Intention of the Day
				+ Words of Kindness to yourself
				+ 3 WINS of the Day
				+ 5-10 minutes of Meditations of your choice each day this week
* Develop your *Personal Self Care Plan* **– be prepared to present!**