Week 7 – OYOP ON YOUR OWN PRACTICES

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* 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!**