

# MINDFUL PRACTICE



Check your homework for the pages you are working on.



Stay focused. No distractions.

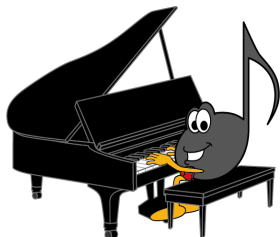


Write your MINDFUL PRACTICE minutes on the practice record.





# MINDFUL PRACTICE RECORD



NAME: \_\_\_\_\_

DATE	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	<b>BRAVO!</b>

NOTES:



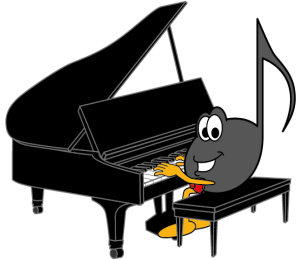



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# MINDFUL PRACTICE CERTIFICATE

Name: \_\_\_\_\_

My MINDFUL PRACTICE GOAL is \_\_\_\_\_ minutes.



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