**GOING FORWARD**

Design a weekly calendar that you can follow to practice the Attitudes of Mindfulness and a Daily Meditation. Explore how you can integrate the attitudes and meditations into your daily life. All the meditations can be expanded beyond the allotted time, by simply adding a further Mindfulness of Breath Meditation.

“*To meditate means to go home to yourself.*

*Then you know how to take care of the things that are happening inside you,*

*and you know how to take care of the things that happen around you*.”

Thich Nhat Hanh

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| MINDFULNESS  ATTITUDE |  |  |  |  |  |  |  |
| MEDITATION |  |  |  |  |  |  |  |