

## My Mindfulness Plan

The following questions are intended to help you identify the best time of day for you to practice mindfulness – consistency can help make meditation a lasting habit, but it’s certainly okay to change things up a bit depending on changes in your schedule!

The times of day when I feel most awake and alert are...

The times of day when I am most productive are...

The time of day when I feel the most stressed is...

The time of day when I already have a lot on my plate is...

The time of day when I really want to take a nap is...

The time of day I feel most physically exhausted is...

Look at the times above – these are your alert and productive times, and, not surprisingly, the times when you feel a bit anxious. These are probably better times for meditating – you’re not likely to fall asleep, and taking time for focus and concentration can help your productivity.

Look at the times above – these are your “busy” and, also not surprisingly, sleepy times. These times probably are not as conducive to meditation – you might fall asleep, and you may feel more stressed by trying to fit this in during a packed part of your schedule (like around dinner time)

**Based on the information above, when do you intend to practice mindfulness this week?**

Day	When I Intend to Practice	How Long I Intend to Practice
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Post your intentions in a visible spot to serve as a gentle reminder!