

Every day I will take the following action to cope with daily stress in a health way:

1. _____

2. I will also _____

3. I will also _____

4. I will also _____

Personal growth/restoration plan

I will incorporate the following activities in my life on a (monthly, semi-annual, annual) basis to help restore my spirit, energy, commitment and motivation.

Monthly I will

Twice a year I will

Annually I will

We wish you twenty minutes of mindfulness ever day!

