

DEVELOPING A DAILY MINDFULNESS PRACTICE

• What do you hope to get out of a daily mindfulness practice?

• What are the next steps in committing to a daily mindfulness practice?

• Who else will you invite to participate in a daily mindfulness practice? How can you support and encourage each other?

Retrieved from the companion website for *Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement: A Guide for Educators* by Christine Mason, Jeffrey Donald, Krishna Kaur Khalsa, Michele M. Rivers Murphy, and Valerie Brown. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2022 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.