



MINDFUL REFLECTION

1. How do you create space in your life for reflection on the state of your body, mind, emotions, and spirit? What have you noticed? If you don't have this space, how might you start?
2. What support would allow you to begin a mindfulness practice? How do you hold yourself accountable to prioritize mindfulness in your life and your leadership?
3. As you reflect on your life and your leadership, how might mindfulness support your growth and development?