

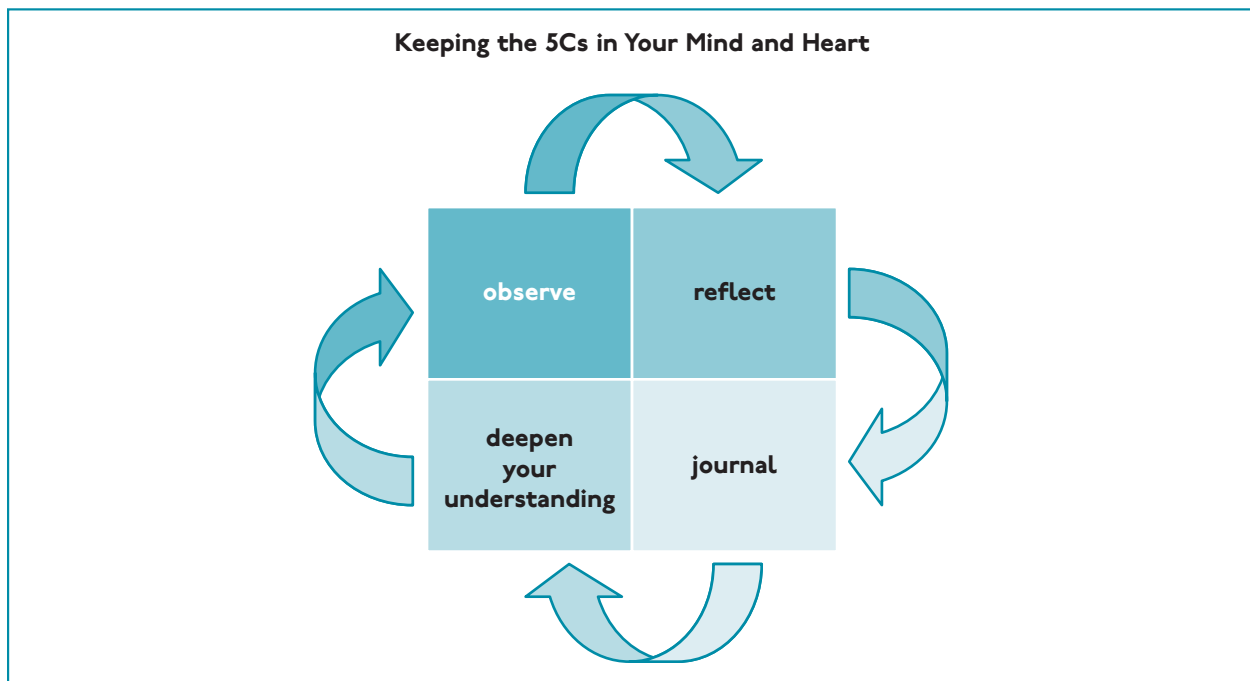
OBSERVING YOUR PROGRESS

At the Center for Educational Improvement, we have established HeartMind Communities that include HeartMind Adventures involving four steps that can be used to help deepen your understanding of the relevance and importance of your practices and goals. These four steps can easily be used to reflect on and monitor your progress with your implementation of self-care mindfulness strategies.

- Observe
- Reflect
- Journal
- Deepen Your Understanding (see Figure 3.2)

As you implement practices to reduce your stress, reflect on changes in your mood, attitude, happiness, or well-being. You may want to include such things as how you shifted your actions and attitudes, how you felt physically, and what was easy or difficult about your new practices.

Figure 3.2 • The HeartMind Adventure



Source: Center for Educational Improvement (2020).

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.