

REFLECTING ON YOUR PRACTICE

Use the HeartMind Adventure square (Figure 3.2) to reflect on the value of your practice and your progress. We recommend keeping a journal during the first 40 days. Here are some things to consider:

•	Do you notice any changes in your flexibility, feeling of well-being, or mental
	alertness?

• What happened over the course of the 40 days? Did you lengthen the amount of time at each step?

• Did the quality of your meditation change?

• Did you notice any changes in your levels of stress or reaction to stress?

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.