



Mindful Minute:

Take 10 minutes to respond to these 6 self-coaching prompts to ground and center yourself, so you can launch your day with mindfulness, purpose and focus!

How to Use this Visual Template:

- 1.) Print out this Template.** You may print out as many copies as you like and use them daily.
- 2.) Cut off these directions** and paste the Template (on left) into your journal—or use as is to plan your day
- 3.) Take 10 minutes** before you start your day to respond to these 6 self-coaching prompts:

Gratitude: List a few things you're grateful for.

Intention: How do you want to *feel* today? Spontaneous? Light? Productive?

Priorities: What are the 3 most important things you want to *do* today?

Progress: What progress, however small, have you already made towards those three priorities?

Opportunity: Every day can be an opportunity: What's yours today?

Request: Ask for what you need—from yourself, your family and colleagues-- and the universe!