Week 1 Practice Exercises

- 1. One in one: Do 1 thing mindfully for 1 min each day.
- 2. Practice basic assumptions: how did outcomes change?
- 3. During the week notice transactions share 1 transaction which could have had a different outcome?

4. Notice cues/habits, mental/physical, you have to help you be present with your student/co-worker/family.

