

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 empathy. Notice sympathy.
5. Notice when you felt validated AND when you didn't.
6. Notice judgements vs being judgmental.
7. Notice cues/habits, mental or physical, you have to help you be present with your client/co-worker/family.