**When?**

***Day***

*Try to identify 4-5 days for which your schedule is fairly consistent.*

* Monday
* Tuesday
* Wednesday
* Thursday
* Friday
* Saturday
* Sunday

**When?**

* Before school
* Before homework
* Before bed
* Other:\_­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Tip: Download the apps and/or bookmark the webpage so you have them ready when you need them.*

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Barriers:***

* *Noisy distractions*
* *Forgetting to practice*
* *Excuses for not practicing, such as “don’t feel like it”*
* *Changes in daily schedule.*
* *Wanting to watch TV*
* *Wanting to do something that is more fun*
* Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Solutions:***

* *Example: wear headphones*

***Solutions:***

* Headphones or quiet space
* Alarm reminder on phone/tablet
* Coordinate w friends/family
* Practice before homework
* Add to daily homework list
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Solutions to Potential Barriers to Practice**

*Identify things that might keep you from practicing and potential solutions:*

**Who?**

*Identify potential people you would like to practice with:*

* Self (alone)
* Friend/classmate
* Parent/sibling/family member
* Virtually with Carden community on Insight Timer App
* Pet
* Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* *Setting a timer/alarm to remind yourself*
* *Coordinating times with a friend to practice at same time*
* *Connecting it to an activity you do everyday, such as homework or brushing your teeth*
* *Doing it before a favorite activity*
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Identify Reminders**

*The hardest part of practicing mindfulness is slowing down to remember. Identify a few practice reminders, such as:*

**How?**

*Identify 1-2 possible formats, such as using the mp4s on this website or Insight Timer's guided mediations.*

* Carden website videos and resources
* Insight timer app: Guided meditations
* Insight timer app: Timer
* Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Where?**

*Identify calm, quiet place(s) where you plan to practice.*

* My room
* Living room
* Family room
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My Mindfulness Planner

*Make a mindfulness meditation plan for yourself by filling out the boxes below.*