

Throughout the month:

Notice your interactions with your loved ones. Can you find inside yourself the capacity to be more accepting of their limitations? Can you soften around any irritation that you might feel in a given moment? Can you feel more tenderness? Become more aware of the ways in which you may be unnecessarily or automatically critical or judgmental of your loved one. Allow yourself to bear witness to the quality and tone of your interactions without judgment.

Here are your daily awareness practices for the 3rd Mindfulness Session:

July 10th-17th

Practice returning to the breath, your feet and seat throughout the day.

July 17th-24th

Notice and identify the *choice points*, the forks in the road, where you can follow through with the intention you set, and where you can pause to ground yourself when needed.

July 24th-31st

Offer yourself compassion at moments when you notice judgment toward yourself.

July 31st-August 7th

At the end of the day, run an internal "accountability check" with yourself about the intention you set in the morning. Be gentle with yourself if you did not follow through as well as you would have liked. Appreciate yourself and notice the outcome if you did.

You may want to reflect upon new discoveries about yourself!