

"Off the Cushion" - Throughout the day and throughout the month

Week 1

Notice the beauty of the natural world, whether it be the morning light, seasonal changes like fall leaves, the winters snow, a garden blooming, the majesty of color in the sky as the sun sets.

Week 2

Notice and identify two *choice points* today. Follow through with the intention you set and/or pause to ground yourself if needed.

Week 3

Experiment with using your Self Awareness scale today, and using either breath-work, grounding, or embodied mindfulness practice to re-set.

Week 4

Notice interactions with a difficult other without judgment of yourself. What is it like to cultivate compassion, rather than action, as a response? Are there moments when you experience a "difficult other" with compassion? Do some journaling about these questions.