



Commitment/Practice Sheet

My commitment/practice for myself:

(Example: Drive in silence to work, start a gratitude practice, noticing when I am feeling rushed and take a few breaths, prepare nourishing lunches, mindfully eat lunch a few times a week, set an intention for the day and put a post note in my home, car and desk)

My commitment/practice for my students:

(Example: Create a center piece, Teach breathing in every session, use the chime daily, incorporate movement routine, give students one minute silence)

My commitment/practice for my team or staff:

(Example: Start team meetings with chime, start team meetings with breath work, work with my team on practicing routines, eat healthy lunches together 1x/month)