

yourself saying this, stop for a few seconds and revisit your goals and values key words (page 208). These key words are the answers to your question. Some people find it useful to note down their values key words on a piece of paper, computer or phone. You can remind yourself of why you are on this journey whenever you need to by looking at your key words.

Plan your practice

Always plan what skills you are going to practise. Also, be clear about how often, at what time, and where you are going to practise. What are you actually going to do? Take a minute to imagine doing the practice in advance. For example, you may plan 'I am going to walk mindfully to the bus stop each morning'. Then you can imagine what this will look and feel like in reality. Write your practice plan down here:

My Practice Plan

What I'm going to practise (skill)	When	Where	How often