

MBSB Handout 1.2

Session 1: Mindfulness and Autopilot Tracking and Suggested Exercises



Suggested Exercises/Homework This Week:

- Bring VIA Survey results next week (www.viame.org)
- Body mindfulness meditation, 1 ×/day
- Practice mindfulness with one routine activity each day
- Track your experiences here and in your journal
- Reflect on a “You, at our best” experience (see Handout 1.4)

Day/Date	Type of Practice & Time Length	Strengths Used	Observations/Comments
Wednesday Date:			
Thursday Date:			
Friday Date:			
Saturday Date:			
Sunday Date:			
Monday Date:			
Tuesday Date:			
Wednesday Date:			