MBSP Handout 3.1

Session 3: Obstacles are Opportunities

Tracking and Suggested Exercises

Suggested Exercises/Homework This Week:

- Body mindfulness meditation, 1×/day (track the obstacles to your practice and strengths you use)
- Character strengths breathing space (same time each day; and use it to face challenges)
- Track your meditation obstacles and experiences here and in your journal (see Handout 3.2)
- Speak up! Tell 2 people about your appreciation of their strengths in action
- Strengths-activity mapping (see Handout 3.3)

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