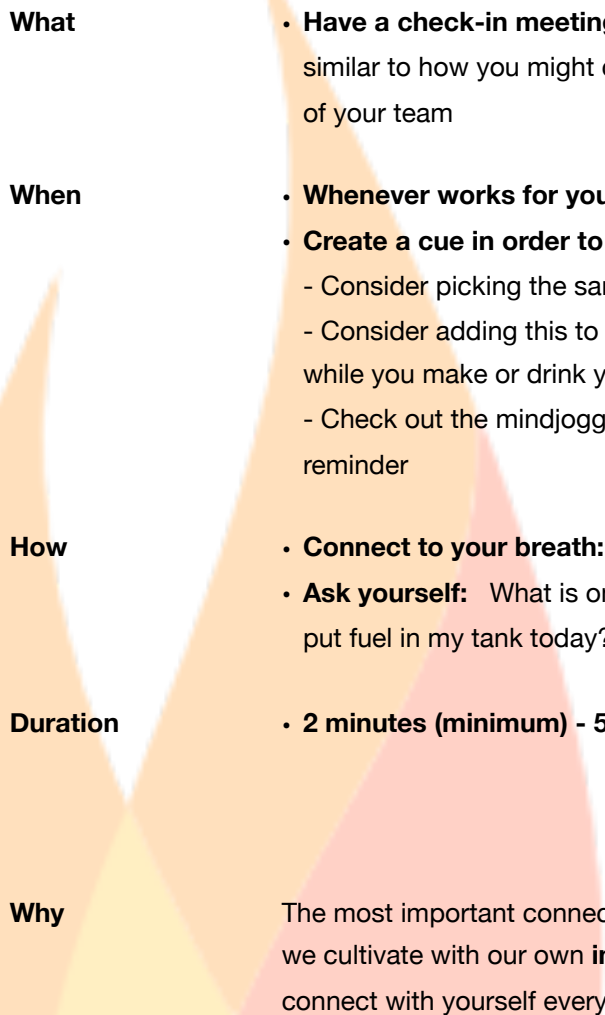


Practice of the week: Create a 2-minute 1:1 meeting with yourself

- 
- What**
- **Have a check-in meeting with yourself** similar to how you might connect with a member of your team
- When**
- **Whenever works for you**
 - **Create a cue in order to remember** -
 - Consider picking the same time everyday
 - Consider adding this to an existing habit (e.g. while you make or drink your coffee)
 - Check out the mindjogger app to create the reminder
- How**
- **Connect to your breath:** Inhale and Exhale
 - **Ask yourself:** What is one thing I could do to put fuel in my tank today?
- Duration**
- **2 minutes (minimum) - 5 minutes**
- Why**
- The most important connection we make is the one we cultivate with our own **innerforce**. Make time to connect with yourself every day

innerforce: our deepest, most authentic self and the source of our vitality.

*The most important connection we make is the one we cultivate with our own **innerforce**. Take time to connect with yourself every day.*