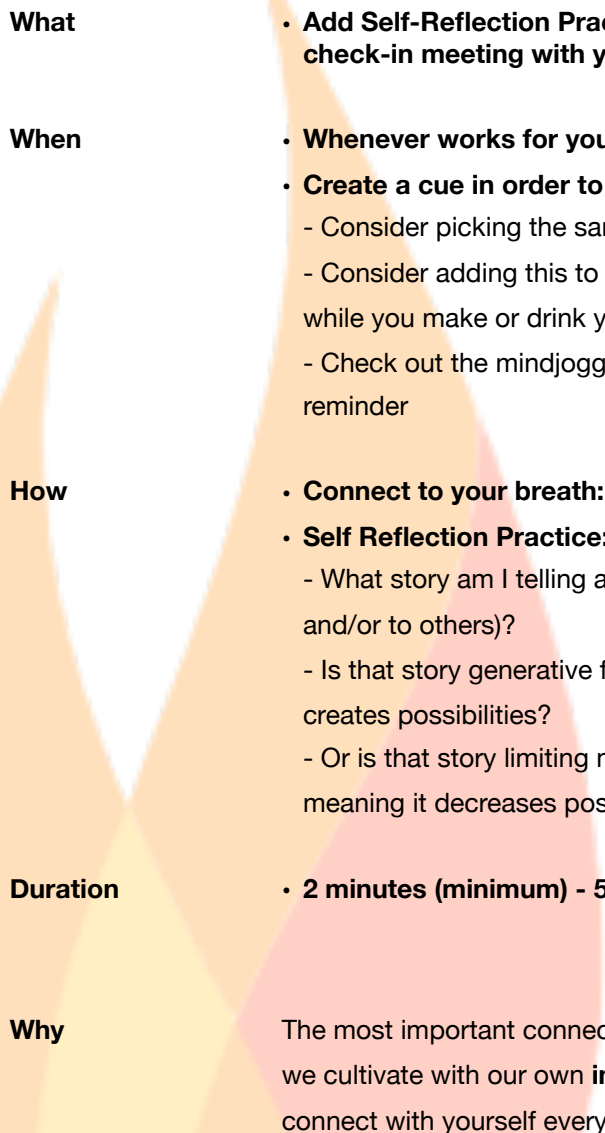


Practice of the week: Add Self-Reflection into 1:1 meeting with yourself

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- What**
- **Add Self-Reflection Practice into your 1:1 check-in meeting with yourself**
- 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
 - **Self Reflection Practice:**
 - What story am I telling about myself (to myself and/or to others)?
 - Is that story generative for me -- meaning it creates possibilities?
 - Or is that story limiting me in some way -- meaning it decreases possibilities?
- 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.*