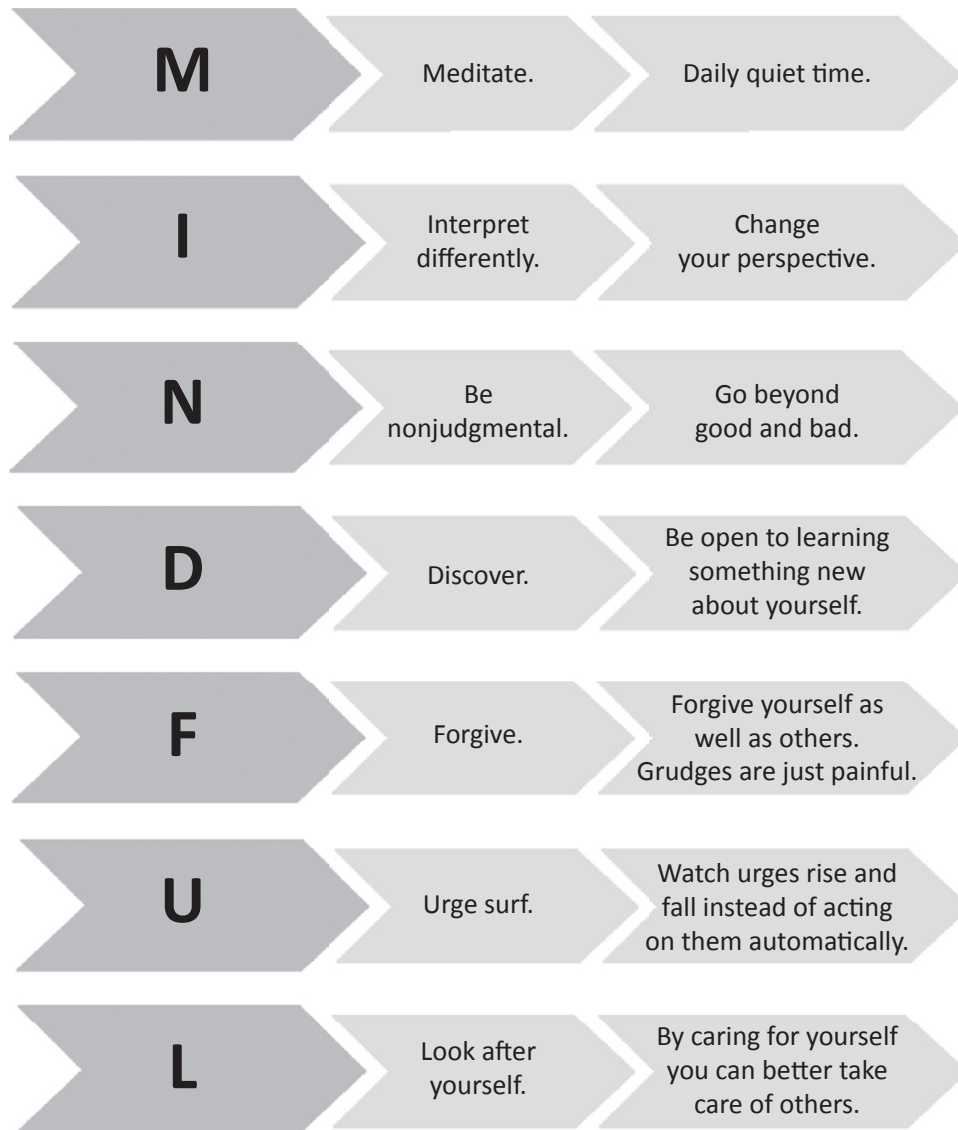


Schedule for Mindfulness Meditation Practice

Day	When and where will you practice your mindfulness meditation?	What barriers do you foresee to meditating?	How will you overcome them?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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Seven Keys to a Mindful Lifestyle



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