



Use the following to document your progress in the Mindful Veterinarian Challenge and to reflect on what works best for you as you integrate mindfulness into your daily life.

## **Week 1: Breathing Strategies**

### **Accountability - Challenge Checklist**

Use one of the breathing strategies you learned for **five** of seven days. Check the days when you do.

**Jan. 10**

**Jan. 11**

**Jan. 12**

**Jan. 13**

**Jan. 14**

**Jan. 15**

**Jan. 16**

### **Reflection Questions**

Which breathing strategies worked best for you? Why?

When did you use the breathing strategies? During what time of the day or week worked best for you?

How did you feel when you did the breathing strategies?

In what ways did the breathing strategies help you? How might you apply noticing your breath and breathing strategies to your daily life?

### **\*Bonus Challenge**

Practice giving yourself a few quiet moments and simply follow your breath. Try to be with your breath in stillness for as long as you can. See if you can simply be with your breath for a few minutes, maybe even 5-10 minutes, or perhaps longer.

## Week 2: Body Awareness

### Accountability - Challenge Checklist

Use one of the body awareness strategies you learned for **five** of seven days. Check the days when you do.

Jan. 17      Jan. 18      Jan. 19      Jan. 20      Jan. 21      Jan. 22      Jan. 23

### Reflection Questions

Which body awareness strategy worked best for you? Why?

When did you use the body awareness strategies? During what time of the day or week worked best for you?

How did you feel when you did the body awareness strategies?

In what ways did the body awareness strategies help you? How might you apply elements of these strategies to your daily life?

### **\*Bonus Challenge**

Apply what you have learned these first two weeks by using both your breath and your body to anchor your attention to the present moment. Practice giving yourself a few quiet moments where you use your breath and your body awareness to help you focus and find stillness. Try to be with your breath and any body sensations for as long as you can. See if you can simply be with your breath and body for a few minutes, maybe even 5-10 minutes, or perhaps longer.

## Week 3: Sensory Awareness

### Accountability - Challenge Checklist

Use one of the sensory awareness strategies you learned for **five** of seven days. Check the days when you do.

Jan. 24      Jan. 25      Jan. 26      Jan. 27      Jan. 28      Jan. 29      Jan. 30

### Reflection Questions

Which sensory awareness strategy worked best for you? Why?

When did you use the sensory awareness strategies? During what time of the day or week worked best for you?

What elements of paying attention to your senses resonated most with you? Did you enjoy listening to your surroundings or perhaps being outside and using your senses?

Was there a new sound you noticed or something different you saw or smelled this week?

How did you feel when you did the sensory awareness strategies?

In what ways did the sensory awareness strategies help you? How might you apply elements of these strategies to your daily life?

### **\*Bonus Challenge**

Apply what you have learned these first three weeks by using your breath, body, and sensory awareness to anchor your attention to the present moment. Practice giving yourself a few quiet moments where you use your breath, body awareness, and now sensory awareness to help you focus and find stillness. You might start your mindfulness practice by first noticing your breath, then noticing your body sensations, and next your senses (or just one particular sense, like sound). You might also choose one of these three anchors that works best for you and see how long you can be present using just this anchor to help you. See how long you can simply be present - maybe a few minutes, maybe even 5-10 minutes, or perhaps longer.

## Week 4: Gratitude

### Accountability - Challenge Checklist

Use one of the gratitude strategies you learned for **five** of seven days. Check the days when you do.

**Jan. 31**      **Feb. 1**      **Feb. 2**      **Feb. 3**      **Feb. 4**      **Feb. 5**      **Feb. 6**

### Gratitude Journal

Try to write down one thing each day that you feel grateful for.

**Jan. 31** \_\_\_\_\_

**Feb. 1** \_\_\_\_\_

**Feb. 2** \_\_\_\_\_

**Feb. 3** \_\_\_\_\_

**Feb. 4** \_\_\_\_\_

**Feb. 5** \_\_\_\_\_

**Feb. 6** \_\_\_\_\_

### Act of Gratitude

How might you share your gratitude with others? Could you tell someone what you are grateful for? Could you send a text message or a note to a friend, loved one, or co-worker expressing your gratitude for them?

### Reflection Questions

Which gratitude practices worked best for you? Why?

When did you use the gratitude practices? What time of the day or week worked best?

How did you feel when you did the gratitude practices or even when you wrote down what you feel grateful for?

In what ways did the gratitude practices help you? How might you apply elements of these practices to your daily life?

**\*Bonus Challenge**

Apply what you have learned in the Mindful Veterinarian Challenge to your daily life! Choose one strategy, or more than one strategy, from weeks 1-4 and try to use this strategy formally or informally everyday this week. Maybe write down what you chose to do each day and how you felt after doing it. See which strategies work best for you and what times of your day work best for you to engage in these strategies. Start to develop a routine where you use mindfulness practices to help you find more focus, calm, and joy in your daily life.

**Way to go! You completed the Mindful Veterinarian Challenge!**

Honor this accomplishment and take time to celebrate you!

