

Strengthening my Capacity to Support

INTRODUCTION		Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>Week 1</div><div>Gratitude</div></div> <div><div>Week 2</div><div>Awareness with Curiosity</div></div> <div><div>Week 3</div><div>Acceptance of all Parts of Self</div></div> <div><div>Week 4</div><div>Acceptance of Others</div></div> <div><div>Week 5</div><div>Awareness in Action</div></div>	1					
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The Challenge:
Each week watch the video then set aside time each day to practice the technique presented (or another mindfulness/self-care activity). Hold yourself accountable by keeping a record here of what you do each day to strengthen your capacity to support others.

