

# Morning Practice Design



## Your Core Practices

**First Moments Practice:** What will you do immediately upon waking?

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**Formal Meditation:** What type, duration, and when?

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**Mindful Activities:** Which morning activities will you bring mindfulness to?

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# Tiered Practice Approach

**Minimum Practice:** What you'll do even on your busiest or most challenging days (2-5 minutes)

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**Standard Practice:** Your regular approach for typical days (10-20 minutes)

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**Extended Practice:** For when you have more time (20+ minutes)

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# Implementation Plan

**Environmental Supports:** What will help make your practice easier?

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**Cues and Triggers:** What will remind you to practice?

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**Potential Obstacles:** What might get in the way, and how will you address it?

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**Morning Sequencing:** In what order will you do your practices?

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