**Mindfulness Implementation Plan**

Research shows that SMART goals are the most effective types of goals. Make your goals SMART- Specific, Measureable, Attainable, Realistic, Timely. These questions will help you think through all of your needs.

Example goal and plan:

*I will use mindfulness practices of breathing, body scan, and/or trunk/shoulder/neck movements at least twice a week in my 3rd period class in order to improve classroom management and student behavior. I will also practice these strategies on my own for at least five minutes a day, four or more days a week, before the school day starts.*

1. What is your goal?

2. When & where will you do this?

3. With who will you do this?

4. Why will do this?

5. What else do you need in order to be successful? Do you need to plan for personal practice? Do you need professional development or training? Will look into any of the provided resources?

6. What will you do in the next 24 hours as a step toward your goal? (Research shows that this step makes it **much** more likely that you will reach your goal.)

7. What is your complete SMART goal and plan?

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