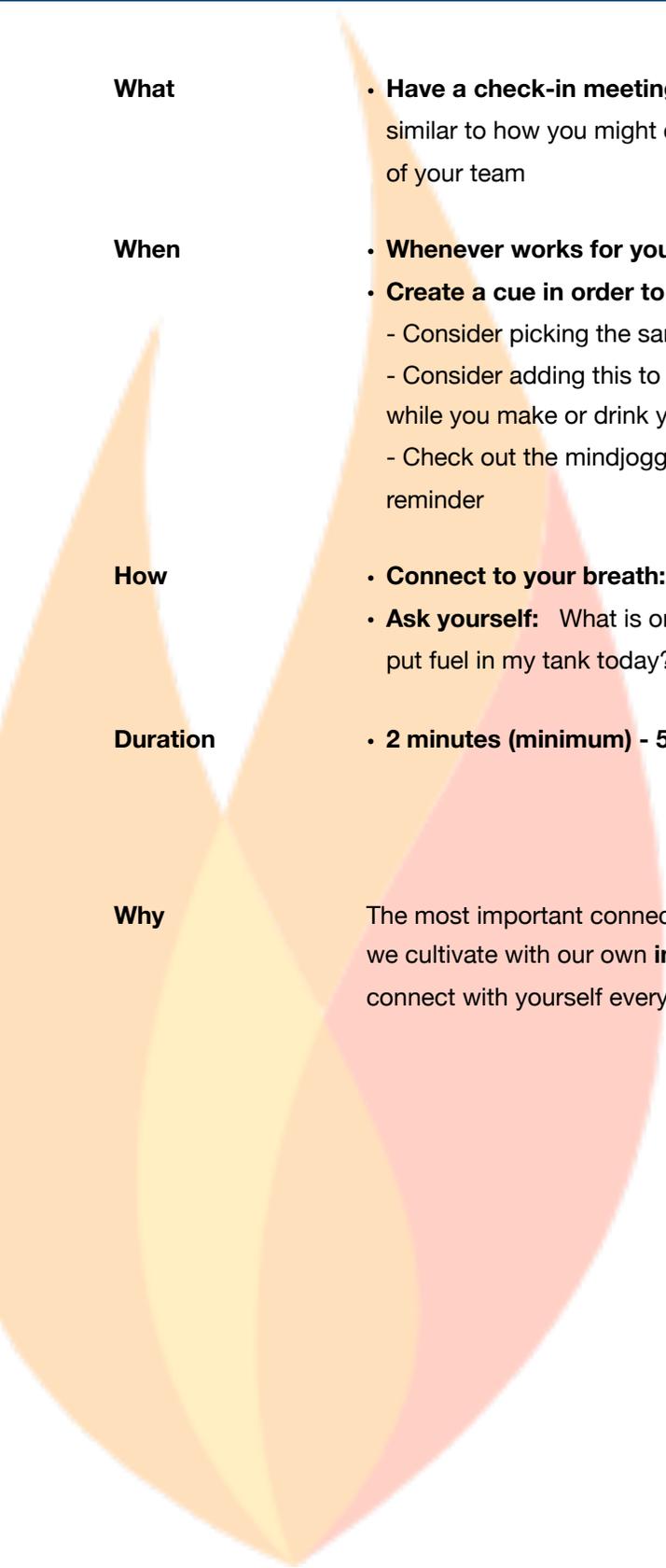


Practice of the week: Create a 2-minute 1:1 meeting with yourself

- 
- | | |
|-----------------|--|
| What | <ul style="list-style-type: none">• Have a check-in meeting with yourself similar to how you might connect with a member of your team |
| When | <ul style="list-style-type: none">• Whenever works for you• Create a cue in order to remember -<ul style="list-style-type: none">- Consider picking the same time everyday- Consider adding this to an existing habit (e.g. while you make or drink your coffee)- Check out the mindjogger app to create the reminder |
| How | <ul style="list-style-type: none">• Connect to your breath: Inhale and Exhale• Ask yourself: What is one thing I could do to put fuel in my tank today? |
| Duration | <ul style="list-style-type: none">• 2 minutes (minimum) - 5 minutes |
| Why | The most important connection we make is the one we cultivate with our own innerforce . Make time to connect with yourself every day |

innerforce: *our deepest, most authentic self and the source of our vitality.*

*The most important connection we make is the one we cultivate with our own **innerforce**. Take time to connect with yourself every day.*