

Guided Meditation 1 Worksheet

Instructions

After viewing Lyra's Guided Meditation video #1, reading the Accompanying Handout (Including the articles and further resources), write or type your responses to the following three questions. Either scan or save your completed worksheet as a PDF. Email the PDF to Golda Dopp Ovalles at golda.ovalles@utahmoca.org. Golda will email you a certificate of completion as proof of participation, which you will need when applying for Reimagine credit.

When did you view this mindfulness video?

DATE:

TIME:

For what school or organization do you teach for?

How many students do you teach?

Setting conscious intentions

1. Describe Lyra's recommended steps to setting intentions. What specific suggestions did she offer for visualizing and actualizing daily intentions?
2. How will these ideas enable you to be more deliberate and focused throughout your day?
3. What were your selected words for the 'representing your desire mantra'?