

Create an action plan: While it may seem easy to say, "just let things go," putting these concepts into action and being consistent requires practice. How might you make a conscious effort to incorporate these behaviors in your life?

Make a rough sketch of a typical day in your life. For example, get up, exercise, have breakfast, work, pick up kids, etc. Once you have your schedule down, go back through, and reflect on each event with these intentional behavior concepts in mind. When you pick up your kids, do you find yourself clutching expectations of how the pickup and ride home will go only to face quarreling siblings? This is an excellent opportunity to practice letting go or positive thinking.

It's important to pick just one area of your life at a time in which to practice intentional behavior, which will help set you up for success.

If you go with the school pickup example, try that for a week or two before integrating additional behaviors. You might also keep a journal to make notes and observations of how your practice is going. What have you learned? What areas are easier to integrate this behavior? Where is it challenging?

See below for a timetable template to help you create a plan. The events in the day are filled in (wake up, lunch, dinner, go to bed) while the rest of the template remains blank so you can customize it based on what your average day looks like. We've also included a list of the intentional behaviors we've been talking about below your schedule so you can reference them as you create your action plan.

INTENTIONAL BEHAVIORS
 Release judgment
 Perform regular acts of compassion
 Let go
 Practice gratitude
 Make affirmations
 Unplug from technology
 Think positively

TIME OF DAY	CONFLICT OR EVENT THAT TAKES YOU OUT OF THE PRESENT	INTENTIONAL BEHAVIOR
Wake Up		
<i>EX: Workout/morning walk</i>	<i>If my kids are awake early, I can't always get my morning walk in</i>	<i>Letting go: I will work on not being attached to the expectation that my morning walk must happen every day. OR Unplug: I can't go for my walk but I can wait to check my phone until I start working so I don't add to my stress and remain present.</i>

TIME OF DAY	CONFLICT OR EVENT THAT TAKES YOU OUT OF THE PRESENT	INTENTIONAL BEHAVIOR
Lunch		
Dinner		
Go To Bed		