

Integration & Everyday Spiritual Practice

Reflection Exercise: “The 1- minute Weave”

1. **Choose** one concept or practice from the course that resonated most.
2. **Decide** how you could integrate a 1-minute version of it into your day (e.g., gratitude breath before client sessions, moment of awe on your walk, a silent pause before emails).
3. **Link to a Moment** — Name one specific daily activity where you could pause for 30–60 seconds (e.g., boiling the kettle, before bed, after a client session).
4. **Set a Cue** — Choose a physical or environmental cue that will remind you (e.g., the sound of the kettle, seeing your bedside lamp, seeing a tree).
5. **Track the Impact** — For one week, note in 1–2 sentences how you felt before and after doing the practice.