

Samara V. Serotkin, Psy.D.

(206) 387-5183  
info@focusandthrive.com  
www.focusandthrive.com



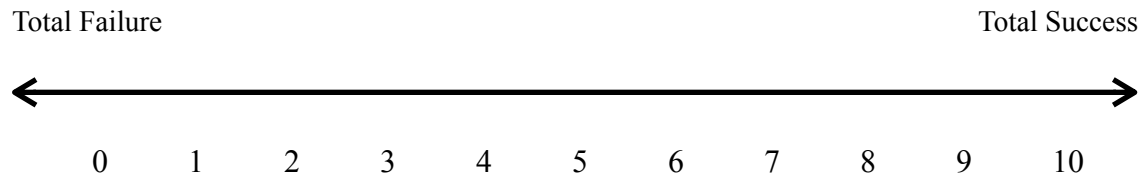
Seattle Mindfulness Center  
6306 Phinney Ave N  
Seattle, WA 98103  
The Pujari Center  
3601 Fremont Ave N  
Seattle, WA 98103

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**Introduction to Mindfulness Practice  
Week # 2 Homework**

What was the goal you set for yourself last week? Write it here:

On a scale of 1-10, where would you rate your success this past week on this goal?  
Rate it on the scale below:



Now think about why you rated yourself where you did. Unless you rated yourself a 10, ask yourself - what kept you from more success? If you did rate yourself a 10, think about your next goal – What else do you want to focus your efforts on? Do you want to bump up your goal a notch, or do you want to focus on sustaining your success? For the rest of us who didn't score a ten, think back to the times when you made the choices that took you off your path. How/when/where did you get off track? Take a moment to describe a few of those experiences right here. *(example: I planned to meditate first thing in the morning, but it was too hard to pull myself out of bed when the alarm rang).*

Note: It's really important you don't turn this piece into an opportunity to beat yourself up. Try to just stick to the facts and steer yourself away from any judgmental thinking.

Now that you know what tripped you up, it's time to come up with ways to "stack the odds in your favor" so that you'll succeed this time. Here are some examples of tools my clients have found helpful in supporting their goal-achievement process:

- Putting a post-it note on your alarm clock
- Setting a reminder/alarm on your phone 5 minutes before you intend to practice
- Connecting your practice to something already embedded in your routine (like at bedtime)
- Putting a guided meditation recording on your phone so that you have it wherever you go

Looking back on what tripped you up last week, what are a couple of things you could do to try to improve your chances of success this week? Write a couple of concrete steps you could take to help yourself achieve your goal:

Make a new goal for next week. Remember, it should be specific, measurable, and achievable.