**Midway self-reflection**

1. How has it been going so far?

2. What am I learning?

3. How does it show up in my life?

4. How am I engaging with the course in terms of commitment to weekly classes and daily practice?

5. If I have been finding it difficult to practice at home and/or attend weekly classes, am I willing to recommit for the final section of the course?

6. What have you discovered about stress and stress reactivity through you practice of mindfulness?

7. Can you name your stressors?

8. How does stress influence your mind, body, health, and behaviour patterns?

The invitation is to continue to attend the course, practice daily and take each moment as a new beginning.