



Each intention and reflection goes into the core of the problem.



Each step is supported with tools from Healthy Minds app



The flow continues and repeats depending on your needs

Reflecting

Integrate learning and insight. Reflect on what supported or challenged your intention.

Showing up with intention

How can your actions and presence reflect the intention you've set?

Are your words, tone, and energy supporting the intention you've named?

Setting intention

What qualities or intentions do you want to bring into this interaction?

Reframing

What might shift if you approached this with openness rather than certainty?

Noticing your assumptions

What assumptions or expectations are you bringing into this moment or meeting?

Starting present

What emotions are present for you right now?

Where are you starting from, mentally, emotionally, or physically, in this moment?

Start from where you are

ON HEALTHY MINDS APP

Reflection tools

ON HEALTHY MINDS APP

Noticing with reactivity and Listening with curiosity module

ON HEALTHY MINDS APP

Purpose module

ON HEALTHY MINDS APP

Connection module

ON HEALTHY MINDS APP

Insights module

ON HEALTHY MINDS APP

Awareness module