Week 2 – Video 6 Homework

- ✓ Review your flare-up plan – modify as needed
- ✓ Continue working on your goals
  - Value-based goal
  - Cardiovascular exercise goal
    - Consider continuing with activity tracker
- ✓ Practice self-compassion
  - Try at least once formally
  - Can also do informally
    - Notice something you are being critical about in yourself
    - What is your inner critic saying?
    - Soften the inner critic with compassion and omit any judgment
    - Reframe the inner critic in a friendly, positive way
    - How do you feel?
- ✓ Repeat positive affirmations
- ✓ Try some Qi Gong
  - At least 2-3 sequences
- ✓ Meditation
  - At least 5 minutes, every other day

Example Activity Tracker

Date	**Cardiovascular Exercise**	**Other Exercise**	**Physical Activity/ Movement**