

R # 14

Chapter 8: Practice

Practice reminders

Potential Reminders for Practice

1. A picture
2. Flash cards.
3. Reminders on phone
4. Rear view mirror hanging
5. Screen savers.

List your reminders here.

1. _____
2. _____
3. _____
4. _____
5. _____

What If?

You may forget after some time without something to remind you to continue your practice. Making and keeping these reminders would allow you to establish the new pathways in brain and make it easier to respond wisely.

Go ahead, the reminders that work for you.