

Buddy Check-in Call Recommendations

Having a practice partner or "buddy" is one of the best ways to learn something new (plus, you get to help someone else out, and that feels good too).

We recommend one 15-minute check-in call per week.

Weekly Call Structure. Keep it simple

- Start with a 3-breaths practice together (1 min)
- Take turns sharing how your learning journey is going and any challenges you're having (3-4 min each)
- Have a free flow conversation about what was shared (-4 min)
- State an intention you have for the coming week and what support might be helpful (1 min each)
- End with 1-minute of mindful breathing (1 min)

During the call, there is no need for formal mindful listening exercise-just practice being present when listening and speaking.

Maintain an agreement of confidentiality for these calls so you may both speak as openly as is comfortable.

And, most of all, have fun and enjoy connecting with another person who is also on this journey with you!

**"If you want to go quickly, go alone.
If you want to go far, go together."**