**Mindful Meanders MBSR – Pre-Course Reflections**

**Please return a copy to me with your participant information form.**

**NAME:**

What has drawn me to Mindfulness?

What are my expectations of the course?

What do I want to be different by the end of the course?

Who or what will support me in doing the course and home practice?

Who or what may hinder me in doing the course and the home practice?

*The information you give is strictly confidential*.