

Name: \_\_\_\_\_



# Mindful Action in the World

Brainstorm - List all of your ideas below.

Who would you like to ask to be a part of your mindful action group? List at least two people.

What idea does your group like the best?

**Create a timeline and work backwards.** Let's imagine you have four weeks to complete this project. Make a plan on the back of this sheet using the table. Remember, you can always adjust along the way. This will simply help your group get started, stay organized and understand what needs to be accomplished.

# Mindful Action Planner



## Week 1

Task:
Materials Needed:
Who's in Charge:

## Week 2

Task:
Materials Needed:
Who's in Charge:

## Week 3

Task:
Materials Needed:
Who's in Charge:

## Week 4

Task:
Materials Needed:
Who's in Charge: