

# What's the Potential Plan?

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	What are the needs?	What can I do based on my strengths and resources?	What is my vision?	What are the potential obstacles?
PERSONAL				
CLASSROOM				
SCHOOL				
DISTRICT				

## Where can you start?

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Take into consideration all of the information compiled above. Find a place where all of these points align and write up a plan for how you can responsibly, meaningfully and comfortably integrate mindfulness into your school or personal life. Don't forget to consider and address the obstacles or potential difficulties.