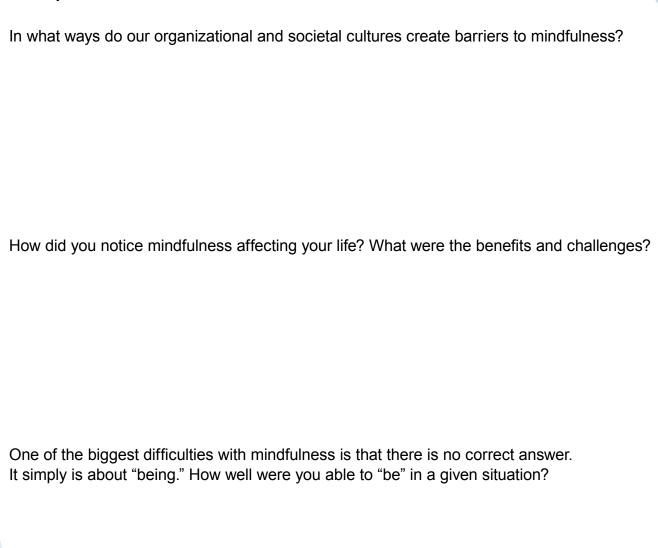
Post-Session Discussion Questions

(complete 1-4 weeks after module & before the next module)



Mindfulness is important for values; it supports our ability to pause and engage with values. But we also have to value mindfulness. How can you support that value and practice?
Mindfulness is considered a core skill in ARC because it is vital to successfully implementing all other components. Look ahead at the later ARC modules. How does mindfulness underpir those other topics?