

**Seminar by Dr Schneider:  
“Why Transcendental Meditation is good for your heart”  
Additional MOPs credit form**

**REFLECTIONS ON WHAT YOU LEARNT – OPTIONAL! (For you to keep)**

**Note:** Some CME will suggest changes to your practice, other CME will confirm your current practice and some will hopefully be stimulating and allow you to keep up-to-date with developments in your field but is not directly applicable. This form is to help you consider whether you want or are able to make changes to your practice – if not, we hope you were stimulated and enjoyed the networking aspects of the CME event.

MOPs credits can be claimed for completing this form under Additional Professional Development Activities – part of the Annual Professional Development Plan – up to 5 credits per annum. If documentation is required you will need to supply the actual plan including this form.

1. What changes, if any, do you intend to make to your practice following this session (given the opportunity)?

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2. If you made these changes to your practice what would your patients notice and what effect could it have on patient outcomes?

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3. How confident do you feel to make these changes, on a scale of 1 to 10?

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4. Are the changes something you can do within existing resources including time? If not, what support and/or resources would you need to implement the changes? How could you get the resources to do this? How could you find the time – what could you not do in order to do this? (Note: Squeezing self-care or family time is neither desirable nor a sustainable option!)

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5. What will be your timeframe for implementing any changes in your practice?  
(Converting good intentions into achievable goals!)

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