

Practice Log – Week 1 – Calming the Mind

FORMAL PRACTICE

Between now and next week, practice the Week 1 recording as many times as you can. Don't expect anything in particular from this exercise. See if you can give up all expectations about it and just let your experience be the experience. In the comment field, put just a few words to remind you of your impressions: what came up, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. It's important to write the comments immediately because it will be hard to reconstruct later.

Day

Practice Comments

Day	Practice Comments

Practice Log – Week 1 – Simple Awareness

INFORMAL PRACTICE

Each day this week, see if you can bring mindful awareness to some otherwise routine activity. For example, brushing your teeth, washing the dishes, waiting in line, sitting in a meeting, walking from the car to your office. Use this opportunity to bring mindful awareness to eating, noting textures, smell, taste, touch, etc. Each day see if you can recall at least one example of "simple awareness".

Day

Practice Comments

Day	Practice Comments