

FORMAL MINDFULNESS PRACTICE LOG

DATE/ TIME	TYPE OF FORMAL PRACTICE	What you noticed: mind activity and how you worked with it, type of thoughts and patterns, emotions, body sensations. Sleepiness, restlessness, boredom, itches, blissfulness, heaviness etc. Reactions and relationship to what you noticed/ experienced. What habits did you notice? Striving, judging, avoidance of discomfort, thinking of emotions, self-criticism, analysing, trying to fix or change something, wanting to get it right, etc ? Any effects of the practice on body and mind. What quality of mindfulness did you practice with?

Qualities of Mindfulness:

Kindness, allowing, letting be, patience, friendliness, curiosity, openness, beginners/ child mind, non judgment.