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**Formal Practice Log**

Each time you do a formal practice, fill out the following log. As you fill it out, and as you look back over the previous week’s practice, think about how your practice has been going. Do you notice any patterns about what works best for you? What changes could you make to sustain the discipline?

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| **Date and practice**Week \_\_\_\_\_\_\_\_\_ | **Time** | **Thoughts, feelings, and sensations that arose during this practice and how you felt afterward** |
| Monday: |  |  |
| Tuesday: |  |  |
| Wednesday: |  |  |
| Thursday: |  |  |
| Friday: |  |  |
| Saturday: |  |  |
| Sunday: |  |  |

**Reflecting on Informal Practice**

Take some time every day to see if you can bring mindful awareness to some otherwise routine activity. For instance, washing the dishes, waiting in line, sitting in a meeting, walking from the car to your office, eating. Before you go to bed each night, see if you can recall at least one example of informal practice.

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| **What was the situation? Where were you, who were you with, what were you doing?** | **What feelings, thoughts, sensations did you notice before you decided to experience this mindfully?** | **What feelings, thoughts and sensations did you notice WHILE doing this mindfully?** | **What did you learn from doing this?** | **What feelings, thoughts and sensations are you noticing NOW as you write this?** |
| ***EXAMPLE***Washing dishes after dinner. | I was feeling hurried, shoulders and stomach tense, thinking “I wish Chris hadn’t used so many dishes!” | I actually felt the warm water on my hands, enjoyed seeing the dishes sparkle, time seemed to stop for a moment. | Paying attention to physical sensations brings me into the here and now and a boring task becomes more interesting. | Feeling the support of the chair I’m sitting on, the feel of the pen, and feeling thankful that a long day is over. |
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