**Practice Log -** **Week 1**

**FORMAL PRACTICE:** Read The Body Scan Meditation Handout. Do the Body Scan at least six times this week. Don’t expect to feel anything in particular from this practice. In fact, give up all expectations about it. Just let your experience be your experience.

Record on this form each time you do the Body Scan. In the comment field, put just a few words to remind you of your impressions of that particular body scan: 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 after the practice because it will be hard to reconstruct later.***

**INFORMAL PRACTICE:** Each day this week, see if you can bring mindful awareness to some otherwise routine activity. Before you go to bed each night, see if you can recall at least one example of “simple awareness” and record it on the Informal Practice Log (Simple Awareness).

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| **Date** | **Formal Practice Comments (Body Scan)** |
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**Informal Practice Log (Simple Awareness) – Week 1**

Each day this week, see if you can bring mindful awareness to some otherwise routine activity. For instance, washing the dishes, waiting in line, sitting in a boring meeting, walking from the car to your office. Remembering the raisin exercise, you could also use this as an opportunity to bring mindful awareness to eating, noting textures, smell, taste, touch, etc. Before you go to bed each night, see if you can recall at least one example of “simple awareness”.

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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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