

Contemplation Meditation Practice Journal

Daily Practice Sheet - Attempt 6 days out of 7 Week

Beginning Date : _____ Day _____(1-6)

Without any judgement of yourself complete this worksheet each time after you sit with yourself in a meditative state.

From 1-10 how much of the time were you focused on your breath?

From 1-10 how Calm and Relaxed did you feel _____

Make Notes on :

Your Thoughts	
Your Physical Sensations - Relaxed, Tense or Uncomfortable	
My Feelings (happy, sad, fearful, hurt, angry)	
Judging myself for drifting	
Sleepiness	
Frustration/Boredom	
Other (Specify)	

Mindfulness is the conscious act of loving kindness