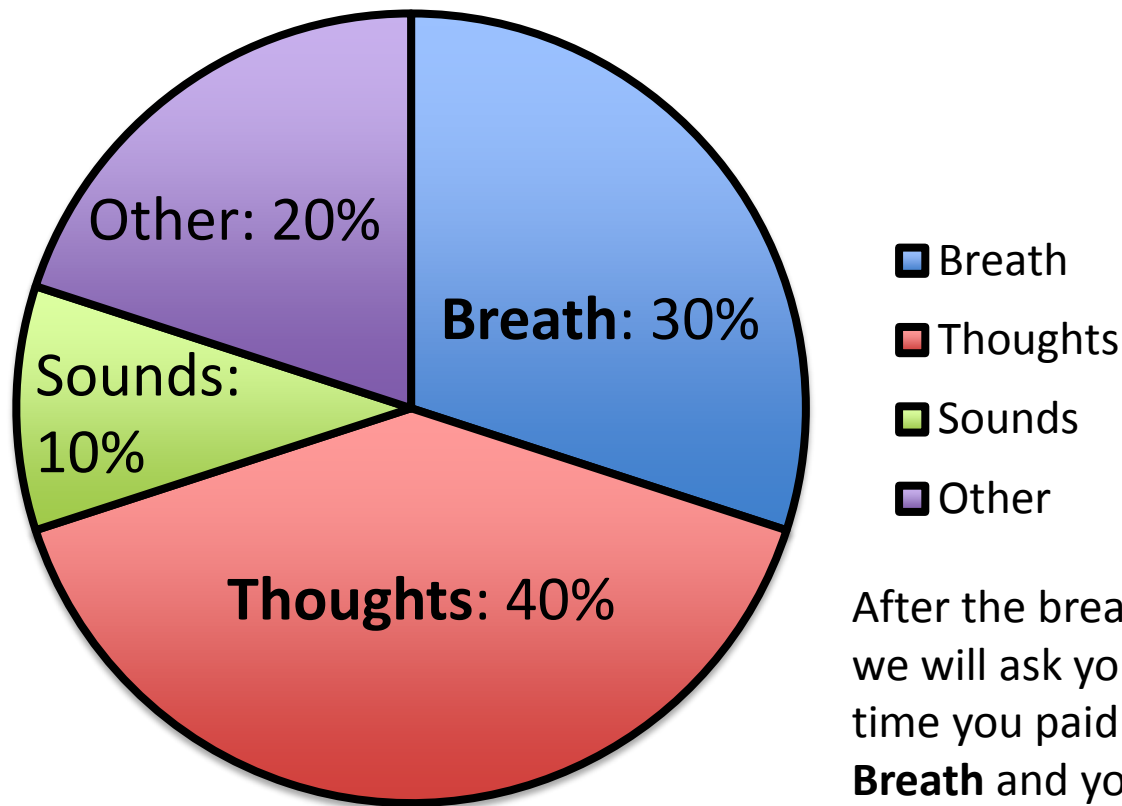


# Meditation Task: 4 min and 6 min

## What did you pay attention to?

Attention during meditation: total = 100%



After the breath meditation tasks, we will ask you to report the % of time you paid attention to the **Breath** and your **Thoughts**. At most, it should add up to 100% and can be less than 100%