

Practice Log - Week 2

FORMAL PRACTICE: Read the <u>description of the Sitting Meditation</u>. Between now and next week, practice at least six times, alternating the <u>Sitting Meditation</u> with the <u>Body Scan</u>. As before, don't expect anything in particular from either of these exercises. See if you can give up all expectations about it and just let your experience be your experience. The link for the Sitting Meditation, the Body Scan, and for all the Guided Practices, can be found in the left-hand menu of the online course (palousemindfulness.com).

Record on this form each time you practice. In the comment field, put just a few words to remind you of your impressions: 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 because it will be hard to reconstruct later.

INFORMAL PRACTICE: At the end of the day before you go to bed, recall one specific pleasant event and record it on the <u>Pleasant Events Calendar</u>.

Date	Formal Practice Comments (include whether Body Scan or Sitting)