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| [docbox-translate-flip](http://palousemindfulness.com/practice/week7-formal.html) | [|.palousemindfulness.com..](http://palousemindfulness.com) |

**Practice Log – Week 7**

**FORMAL PRACTICE:** Practice at least six times this week, doing anything you’ve learned up until now (Body Scan, Sitting Meditation, Yoga), with or without guidance. Since it was introduced just this week, **also do the Lovingkindness Meditation at least once**. As before, don’t expect anything in particular. Just let your experience be your experience.

**INFORMAL PRACTICE:** At least once a day, consciously use one of the informal practices you’ve learned (Simple Awareness, Mindful Eating, STOP, Soften/Soothe/Allow) and make note of it on the **Informal Practice Log**.

…Date… Practice Comments (include whether Body Scan, Sitting or Yoga)

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