# Mindfulness and Feedback Literacy - Lesson 2: Mindfulness and Learning

### Section 4: Mindfulness and Gratitude

From the list of activities in the Lesson, choose an activity to complete to increase mindful noticing. Focus on that activity for the next week and note what tasks you worked on and/or completed daily to accomplish this activity.

Activity:

**Day 1:**

What tasks did you work on?

**Day 2:**

What tasks did you work on?

**Day 3:**

What tasks did you work on?

**Day 4:**

What tasks did you work on?

**Day 5:**

What tasks did you work on?

**Day 6:**

What tasks did you work on?

**Day 7:**

What tasks did you work on?

**Conclusion**

What did you learn?