

# **mindfulness: practice record week 2**

**your name:**



**week starting:**


Try to practise the "Body scan" for 15 minutes, using track 2 of the CD, at least twice daily for six days of the week. See over the page for other second week practices.


<b>day of the week</b>	<b>time of day</b>	<b>dur'n &amp; cd or ncd</b>	<b>position l (lying) s (sitting)</b>	<b>comments on the "Body scan", "Appreciations" "Mindful activity" &amp; "Mindful walk" practices</b>
<b>1: first second</b>				
<b>2: first second</b>				
<b>3: first second</b>				
<b>4: first second</b>				
<b>5: first second</b>				
<b>6: first second</b>				
<b>7: first second</b>				

# **mindfulness: other practices week 2**

*Over the page, please keep a record of your twice daily (or more) "Body scan" practice and intermittently during the day your "Appreciations", "Mindful routine activity" and "Mindful walk" practices. There is also space for notes on this page. Please:*

-  *Read chapter 6 "Mindfulness week two: Keeping the body in mind" (pages 91 to 110) and make notes on the companion "Reflection on reading: chapter 6" sheet.*
  
-  *Try the "Appreciations exercise" described on pages 108 to 109. Please note when you did it (which days of the week) and your thoughts & feelings about this exercise:*

-  *Bringing "Raisin mind" to another routine activity over this week (pages 76 & 77). Again please note here and/or over the page what you chose and what your experience was of doing this practice:*

-  *Habit releaser – try the "Mindful walk" exercise this week (page 107 to 110). Note here and/or over the page how this practice went:*
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