

upgraded breathing space: weekly record

1) initially try a three-breath mindful body scan followed by a fourth breath where you 'name' your overall mind-body state; then repeat this four-breath sequence a second time. **2.)** just use one four-breath mindfulness/naming sequence and add a four-breath touch/affectionate release. **3.)** full exercise – use the complete twelve-breath sequence including values & intention imaging.

day of the week	time of day that practice is done?	what internal mind-body state named?	1.) mindfulness, 2.) affectionate release, or 3.) full exercise?
1: first			
second			
third			
2: first			
second			
third			
3: first			
second			
third			
4: first			
second			
third			
5: first			
second			
third			
6: first			
second			
third			
7: first			
second			
third			

day of the week	observations: what went well? is there anything it might be interesting to try that could improve the practice further?
1: first second third	
2: first second third	
3: first second third	
4: first second third	
5: first second third	
6: first second third	
7: first second third	