

mindfulness: practice record week 1

your name:


week starting:

Try to practise "Mindfulness of body & breath" for 8 minutes, using track 1 of the CD, at least twice daily for six days of the week. See over the page for other first week practices.


day of the week	time of day	dur'n & cd or ncd	position l (lying) s (sitting)	comments on the "Body & breath", "Raisin mind" & "Habit releaser" practices
1: first				
second				
2: first				
second				
3: first				
second				
4: first				
second				
5: first				
second				
6: first				
second				
7: first				
second				


mindfulness: other practices week 1

Over the page, please keep a record of your twice daily (or more) "Mindfulness of body & breath" practice and intermittently during the day your "Raisin mind" & "Habit releaser practices. There is also space for notes on this page. Please:

 *Read chapter 5 "Mindfulness week one: Waking up to autopilot" (pages 67 to 90) and make notes on the companion "Reflection on reading: chapter 5" sheet.*

 *Try the "Raisin exercise" described on pages 73 to 75. Please note when you did it (which day 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 "Changing chairs" exercise this week (page 89). Note here and/or over the page how this practice went:*
