



30-DAY
*Mindfulness
Practice*

DESCRIBE YOUR INTENDED MINDFULNESS PRACTICE. REMEMBER THAT THE PRACTICE YOU CAN DO IS BETTER THAN NO PRACTICE AT ALL.

BEGINNING (INSERT DATE) _____, 20____, I WILL ENGAGE IN THE FOLLOWING MINDFULNESS PRACTICES

(INCLUDE DETAILS SUCH AS TIME OF DAY OR TRIGGERING EVENT):

1. _____

2. _____

3. _____

I WANT TO DO THIS BECAUSE:

TO HELP ME WITH MY PRACTICE, I WILL...

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NOTE TO SELF:

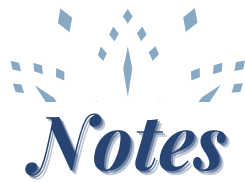


Mindfulness Tracking Chart

PLEASE INDICATE EACH DAY YOU ENGAGED IN YOUR PRACTICE. YOU
MAY WANT TO NOTE WHEN IT WAS PARTIALLY COMPLETED TOO.

MONTH: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY




TAKE SOME TIME EACH WEEK TO REFLECT ON WHAT YOU ARE LEARNING ABOUT YOURSELF AS PART OF YOUR PRACTICE. MAKE NOTE OF ANY INSIGHTS YOU GAINED. ADD MORE PAGES AS NECESSARY.

WEEK 1

WEEK 2

WEEK 3

WEEK 4



Personal Practice Worksheet

THE REALISTIC PRACTICE YOU CAN DO IS BETTER THAN THE IDEAL PRACTICE YOU CAN'T DO.

THE ANSWER TO EVERY QUESTION BELOW WILL BE DIFFERENT FOR EACH PERSON. I RECOMMEND YOU BUILD YOUR PRACTICE INTO YOUR LIFE JUST AS YOU BUILD BRUSHING YOUR TEETH INTO YOUR DAY. IF YOU ONLY FIT IT IN THEN IT MIGHT NOT TAKE ROOT. TO BUILD YOUR PRACTICE CONSIDER:

1. Generally, how long will your meditation sessions last (in minutes)?

<5 6-10 10-20 20-30 30-45 45-60

2. How many days of the week will you meditate?

1 2 3 4 5 6 7


3. What time(s) of the day will you meditate?

Early AM Mid-AM Mid-Day Evening Bedtime

4. How many times a day will you meditate?

1 2 3 >3

5. Where will you meditate? Describe:



Personal Practice Worksheet

6. Will you generally meditate sitting, lying down, walking, or standing?

Sitting

Lying

Walking

Standing

7. What form(s) of mindfulness meditation will you engage in?

Breath Awareness

Body Scan

Sound Awareness

Quick Check-Ins

Open Awareness

Loving Kindness

Moving Meditation
(ex. Walking, Tai Chi)

8. What informal mindfulness practices will you engage in? (Describe)

_____ Awareness of routine activities:

_____ Body awareness:

_____ Awareness of impulsive or reactive patterns:

_____ Awareness during social interaction:

9. How will you continue to integrate daily informal mindfulness practices into your life?

ADDITIONAL NOTES
