

Practice Logs

The practice logs are tools to help you in your journey to get familiar with the content of your mind and be fully aware of your thoughts, emotions and bodily sensations during the practice. Recording them in the practice log helps you better identify your stressors and recognize your automatic behaviors and reactions.

Record your experience each time you practice a type of meditation. Be curious about your experience and get familiar with whatever comes up.

New Routine Activity Log

Mindfulness practice is something we can start to bring into our everyday lives and you can start right now. It is a step towards your transformation journey for managing stress and anxiety.

Choose a routine activity in your daily life and make a deliberate effort to step out of the automatic “doing mode” to bring moment-to-moment awareness to the experience each time you do it. This could be something like brushing your teeth, doing the dishes, dusting...etc

Bring a sense of investigative curiosity to the activity you are doing by being open and noticing it as if for the first time.

Record each time you practice this activity using this log and write down anything that comes up, thoughts, emotions and body sensations.

You might start to notice how bringing mindful attention to an activity can change a neutral experience to a pleasant one.

After few weeks choose another new routine activity to do it mindfully and so on.

Pleasant Events Log

Complete the pleasant events log daily. Bring your full attention to one pleasant event each day and record your reflections as soon as you can after the event. Using this as an opportunity to become fully aware of the thoughts, emotions, and body sensations as you experience a pleasant event.

The example in the log is to help you bring your awareness to the details of the experience as it is happening.

Try to be curious about all of your home practice experiences.

Unpleasant Events Log

Complete the unpleasant events log daily. Bring your full attention to one unpleasant event each day and record your reflections as soon as you can after the event. Using this as an opportunity to become fully aware of the thoughts, emotions, and body sensations as you experience an unpleasant event.

This helps you better identify your stressors and recognize your automatic behaviors and reactions. This will give you an opportunity to choose healthier ways for responding.

The example in the log is to help you bring your awareness to the details of the experience as it is happening.

Try to be curious about all of your home practice experiences.

Formal Practice Log

[illegible]

New Routine Activity Log

[illegible]

Pleasant Events Log

Date	Experience	Body Sensations	Emotions & Feelings	Thoughts	Your thoughts now while you write this down
Example	an old song I used to like popped on the radio	Face relaxed, lightness in the shoulders and spine	Relief, pleasure	This song is indeed one of the best. It is so nice to listen to it after all these years.	It was such a small thing, but it lifted my mood

Unpleasant Events Log

[illegible]