

Mindfulness

PRACTICE LOG

"there is no enlightenment outside of daily life."

- thich nhat hanh



WEEK OF: _____

Monday

- ☐ 5 min
- ☐ 10 min
- ☐ 20 min
- ☐ _____
- ☐ day off
- ☐ informal practice

Tuesday

- ☐ 5 min
- ☐ 10 min
- ☐ 20 min
- ☐ _____
- ☐ day off
- ☐ informal practice

Wednesday

- ☐ 5 min
- ☐ 10 min
- ☐ 20 min
- ☐ _____
- ☐ day off
- ☐ informal practice

Thursday

- ☐ 5 min
- ☐ 10 min
- ☐ 20 min
- ☐ _____
- ☐ day off
- ☐ informal practice

Friday

- ☐ 5 min
- ☐ 10 min
- ☐ 20 min
- ☐ _____
- ☐ day off
- ☐ informal practice

Saturday

- ☐ 5 min
- ☐ 10 min
- ☐ 20 min
- ☐ _____
- ☐ day off
- ☐ informal practice

Sunday

- ☐ 5 min
- ☐ 10 min
- ☐ 20 min
- ☐ _____
- ☐ day off
- ☐ informal practice

notes:

What worked/didn't work in my practice this week?

What shifts did I notice resulting from my practice?

What would I like to experiment with next week?