

Practice Log - Week 3

FORMAL PRACTICE: Read the [description of the Sitting Meditation](#). Between now and next week, practice at least six times, alternating the Lovingkindness, [Sitting Meditation](#) and [Body Scan](#). As before, don't expect anything in particular from either of these exercises. See if you can give up all expectations about it and just let your experience be your experience. *The link for the Sitting Meditation, the Body Scan, and for all the Guided Practices, can be found in the left-hand menu of the online course (palousemindfulness.com).*

Record on this form each time you practice. In the comment field, put just a few words to remind you of your impressions: what came up, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. ***It's important to write the comments immediately because it will be hard to reconstruct later.***

INFORMAL PRACTICE: At the end of the day before you go to bed, recall one specific pleasant event and record it on the [Pleasant Events Calendar](#).

Date Completed Formal Practice Comments (include whether Body Scan or Sitting)

17/09/206	<p>EXAMPLE</p> <p><i>As I attempted my first sitting meditation I felt that it was remarkably similar to the Body Scan I did in the past week. There was a bit more emphasis on my breathing and I felt aware of each breath that I took, the feelings in my chest as I inhaled and relaxation as I exhaled. It was challenging to focus my mind on the meditation however I was able to pull myself back after each distraction. Overall there was a sense of calmness throughout the session and peace.</i></p>