Translate

Informal Practice Log – Week 8

Date of Reflection	What was the situation? What process did you use? (Simple Awareness, Mindful Eating, STOP, Soften/Soothe/Allow)	What was going on with you when you thought to do the process? (body, mind, emotion)	What did you notice WHILE you were doing the process? (body, mind, emotion)	What did you notice AFTER you did the process? (body, mind, emotion, action)	What did you learn?