

## Practice Log - Week 2

**FORMAL PRACTICE:** Read the [description of the Sitting Meditation](#). Between now and next week, practice at least six times, alternating the [Sitting Meditation](#) with the [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. **NOTE: One of your six formal practices can be one of the live group meditations listed in the [Online Meditation page](#).**

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.***

*Once you have done at least six days of practice and feel that you've gotten the essence of this "Week", you may go to the next week, although you can stay here longer if that feels right.*

**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...

Formal Practice Comments (include whether Body Scan or Sitting)

<i>7th day &amp; beyond is optional</i>	