

Informal Practice Log - Week 7

| What was the situation? What process did you use? <small>(Simple Awareness, Mindful Eating, STOP, "Turning Toward", Walking)</small> | 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? |
|--|---|--|---|--|
| EXAMPLE <i>I was cleaning the garage and getting frustrated with how long it was taking and decided to use Simple Awareness.</i> | <i>I felt frustrated at how long it was taking, hurrying just to get through, thinking "I HATE doing this - I have so many other things to do!"</i> | <i>I started to pay attention to the one part I was working on: the pile of tools in the corner, colors, shapes, how it felt to be holding the saw handle.</i> | <i>I actually continued with the process for a while. I was much calmer, only focused on what I was doing at THAT moment.</i> | <i>It wasn't the job itself which was frustrating, but my thinking about all the other things I had to get done.</i> |
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| <i>7th day & beyond is optional</i> | | | | |