

## Practice Log - Week 2

**FORMAL PRACTICE:** Between now and next week, practice at least six times the Body Scan and 10-15 minutes of Sitting Meditation - Awareness of Breath (AoB). 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.

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...	Formal Practice Comments (include whether Body Scan or Sitting)