Informal Practice Log – CHALLENGE

Bring mindful awareness to some otherwise routine activity. For instance, washing the dishes, waiting in line, sitting in a boring meeting, walking from the car to your office. bring mindful awareness to eating, noting textures, smell, taste, touch, etc. Before you go to bed each night, see if you can recall at least one example of "simple awareness".

What was the situation? Where were you, who were you with, what were you doing?	**What feelings, thoughts, sensations did you notice before you decided to experience this mindfully?**	**What feelings, thoughts and sensations did you notice WHILE doing this mindfully?**	**What did you learn from doing this?**	**What feelings, thoughts and sensations are you noticing NOW as you write this?**
EXAMPLE *Washing dishes after dinner.*	*I was feeling hurried, shoulders and stomach tense, thinking "I wish Pat hadn't used so many dishes!"*	*I actually felt the warm water on my hands, enjoyed seeing the dishes sparkle, time seemed to stop for a moment.*	*Paying attention to physical sensations brings me into the here and now and a boring task becomes more interesting.*	*Feeling the support of the chair I'm sitting on, the feel of the pen, and feeling thankful that a long day is over.*