

## Practice Log

Pick one or more of your favorite meditations from the challenge. Record on this form each time you do a meditation. In the comment field, put just a few words to remind you of your impressions of that particular meditation: 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 after the practice because it will be hard to reconstruct later.***

Date	Practice Comments