

CLIENT HANDOUT B: PERSONAL PRACTICE DIARY

We invite you to decide how many practices you can easily sustain in a week. Try to set wise goals, keeping these questions in mind:

- Am I being specific enough with my goals?
- Are my goals within my scope of reach?
- Why am I working towards this goal?
- How will I know I have reached my goal? How can I measure it?

We suggest you aim for at least 3 practices a week; if you reach 3 that's 100%, if you do 6 practices that's 200%, if you do 1 practice, that's 33% of your goal - these are all wins!

You can choose which ones of the meditation recordings provided you use as a guide.

Below is a weekly planner where you can tick off whether you have been able to do your practice each day. There is also space to provide some extra details on things you noticed, possibly reactions to the practices .

What helped support your practice on the days you did get to do it and what got in the way on those days you were not able to practice? Were these internal or external hindrances? Did you feel them as imposed? Did you feel guilty when not doing them (as if they were homework)? How could you change them so that they are truly helpful to you? Also continue to try and notice your own loops in the mind.

In the following page you can find a daily planner which you can print for each day of the week to have more space for self-reflection about how your practice went.