

Mindfulness for Life – Session 6 – Handout

Contact details – If you need to contact me between sessions please send an e-mail to me:
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Home Practice – In a sitting posture, practice with using the short meditation phrases 10 to 15 minutes per day as well as the nourishing joy practice once per day.

Day/Time	Practice	Comments
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time		

Mindfulness in daily life – Choose a simple activity you do every day and make the decision to do it mindfully. Below you can record anything you noticed about bringing mindfulness into daily life.