

Mindfulness for Life – Session 7 – Handout

Contact details – If you need to contact me between sessions please send an e-mail to me:
michael@youthmindfulness.org

Home Practice – In a sitting posture, practice the Kindness-to-self and others track (25 minutes) three times over as well as practicing without any guidance and just using the phrase-led meditation for 30 minutes three times over the next week.

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.