

## Mindfulness for Life – Session 5 – 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 with the Self-Kindness track each day (12 minutes) as well as the Mindfulness of Difficult Emotions track once per day (29 minutes).

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.