

MBH Informal Practice Log - Week 1

At least a few times in the week, bring mindful awareness to some otherwise routine activity. For instance, watching a scenery, cleaning floors, gardening, waiting in line, sitting in a boring lecture or meeting, walking to your office, window shopping, washing the dishes etc, Just make a mental note of what thoughts came to your mind when you were doing this. At the end of each day, see if you can recall at least one example of “simple awareness”.

Where were you? Who was with you? What was the situation? What were you doing?	What feelings, thoughts, sensations did you notice before you decided to experience this mindfully?	What feelings, thoughts and sensations did you notice WHILE doing this mindfully?	What did you learn from doing this?	What feelings, thoughts and sensations are you noticing NOW as you write this?
EXAMPLE <i>Cleaning house.</i>	I was feeling anxious, shoulders and stomach tense, thinking “I have to send Hydro bill tomorrow!”	I actually could see more dirty corners, enjoyed seeing the floor clean and sparkling, time seemed to stop for a moment.	Keeping attention on breath brings me into this moment and a boring task becomes interesting.	Feeling more relaxed and more connected to the present moment.