

Daily Home Practice Journal – Session 7

Please record your daily mindfulness practice on this form, remember this week to try to write a letter to your future self. Please use the final column to reflect on anything that came up for you in your practice.

Day	Sitting meditation (How many minutes did you practice?)	Pleasure, Mastery, or Connection activity (What activity did you do?)	Example of a myth	Reflections
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Please reflect on talking about what you learned from this session with a support person in your life.

A large, empty rectangular box with a thin black border, intended for the user to write their reflection on the session.