

Daily Home Practice Journal – Session 4

Please record your daily mindfulness practice on this form. Please use the final column to reflect on anything that came up for you in your practice and to record any additional practices you chose to do that weren't designated as home practice for this week.

Day	Sitting meditation, mindful stretching, or mindful walking (Which practice did you choose?)	3-minute breathing space (How many times did you practice?)	Mindful routine activity (What activity/activities did you do mindfully?)	Reflections And any additional practices you utilized
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				