

Going Beyond – First Steps

Week in Review

Date _____

Did I notice my breath during the week? If I did notice my breath, what times of day did I notice it? In what circumstances? Was there an obvious pattern to my awareness?

Did I formally sit at all this week? What time or times of day worked best for me? Will I use the same time[s] this week or do I need to try something else?

Where did my attention go when it was not on the breath? What other things were going on? Was I gentle with myself in coming back to the breath and the body?

Have any of my daily experiences changed due to increased awareness?

What intention do I have for myself in the coming week regarding this practice?
