

# MINDFULNESS SIMPLE AWARENESS PRACTISE DIARY

<i>What was the situation? Where were you, who were you with, what were you doing?</i>	<i>What feelings thoughts, sensations, did you notice before you decided to experience this mindfully?</i>	<i>What feelings, thoughts and sensations did you notice, while doing this mindfully?</i>	<i>What did you learn from doing this?</i>	<i>What feelings, thoughts and sensations, are you feeling now as you write this?</i>

