

Mindful Moments Life Practice

Week of _____

Enter the amount of time you practice each of these. Aim for 12 minutes per day.

Practice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Scan							
Grounding Meditation							
Counting Breath Meditation							
Feeling Breath Meditation							
Flashlight/Floodlight Meditation							
Walking Meditation							
Standing Meditation							
Watching Thoughts Meditation							
Kindness Meditation							
Taking in the Good							
Mindful Pause/ Three Breaths							
Getting Curious							
STOP (Stop, Pause, Observe, Proceed)							
Top Ten Thoughts							
Self-Compassion Practice							
Gratitude Practice							
RAIN (Recognize, Accept, Investigate, Nurture)							

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