



# Experience Practicing Mindfulness of the Body

10 minutes or longer/day

**Thursday, July 22**

What are you grateful for?

What are you looking forward to?

Did you notice or perform an act generosity or kindness?

What's here now?

**Friday, July 23**

What are you grateful for?

What are you looking forward to?

Did you notice or perform an act generosity or kindness?

What's here now?

Week Three



**Saturday, July 24**

What are you grateful for?

What are you looking forward to?

Did you notice or perform an act generosity or kindness?

What's here now? \_\_\_\_\_

**Sunday, July 25**

What are you grateful for?

What are you looking forward to?

Did you notice or perform an act generosity or kindness?

What's here now? \_\_\_\_\_

**Monday, July 26**

What are you grateful for?

What are you looking forward to?

Did you notice or perform an act generosity or kindness?

What's here now? \_\_\_\_\_



**Tuesday, July 27**

What are you grateful for?

What are you looking forward to?

Did you notice or perform an act generosity or kindness?

What's here now?

**Wednesday, July 28**

What are you grateful for?

What are you looking forward to?

Did you notice or perform an act generosity or kindness?

What's here now?

