



Experience Practicing Mindfulness of the Body

10 minutes/day

Thursday, April 29

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, April 30

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?

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Saturday, May 1

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, May 2

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, May 3

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, May 4

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, May 5

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?

