



Alternate Focused Attention and Body Scan

10-30 minutes/day

Friday, June 11

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?

Saturday, June 12

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 One



Sunday, June 13

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, June 14

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, June 15

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, June 16

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? _____

Thursday, June 17

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? _____

