



Experience Practicing Mental Focus

10 minutes/day

Thursday, July 8

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 9

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



Saturday, July 10

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 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? _____

Monday, July 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? _____



Tuesday, July 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? _____

Wednesday, July 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? _____

