



## Try a Longer Scan Alternate Focused Attention

10-30 minutes/day

**Thursday, May 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?

**Friday, May 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?

Week  
FOUR



**Saturday, May 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?

**Sunday, May 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?

**Monday, May 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?



**Tuesday, May 18**

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 19**

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?

