

Experience Practicing Focused Attention

10 minutes or longer/day

Daily Instructions

1. **Experience** the focused attention track.
2. **Capture** what occurred during the practice. As yourself: *What's here now?* This is pure experience you're reporting, like in class. Maybe you want to draw a picture instead of use words.
3. **Reflect** – Introduce thought. Any surprises? Obstacles? Confusion? Where did you practice and at what time?
4. **Integrate** – What might you bring forward as a result of this practice? Anything to be on the lookout for? Did you learn anything?



Thursday, September 9

Capture

Reflect

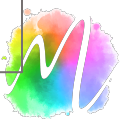
Integrate

Friday, September 10

Capture

Reflect

Integrate



Saturday, September 11

Capture

Reflect

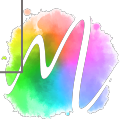
Integrate

Sunday, September 12

Capture

Reflect

Integrate



Monday, September 13

Capture

Reflect

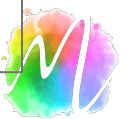
Integrate

Tuesday, September 14

Capture

Reflect

Integrate



Wednesday, September 15

Capture

Reflect

Integrate

Finally, name a few things/people/situations you are grateful for?

Describe something you're looking forward to?

Did you by chance notice or perform an act generosity or kindness? Maybe be on the lookout for them. We'll talk more about them next week.

