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|  | [|.palousemindfulness.com..](http://palousemindfulness.com) |

**Practice Log - Week 2**

**FORMAL PRACTICE:** Read the [description of the Sitting Meditation](http://palousemindfulness.com/docs/sittingmeditation.pdf). Between now and next week, practice at least six times, alternating the [Sitting Meditation](http://palousemindfulness.com/meditations/sittingmeditation.html) with the [Body Scan](http://palousemindfulness.com/meditations/bodyscan.html). As before, don’t expect anything in particular from either of these exercises. See if you can give up all expectations about it and just let your experience be your experience. *The link for the Sitting Meditation, the Body Scan, and for all the Guided Practices, can be found in the left-hand menu of the online course (palousemindfulness.com).*

Record on this form each time you practice. In the comment field, put just a few words to remind you of your impressions: what came up, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. ***It’s important to write the comments immediately because it will be hard to reconstruct later.***

**INFORMAL PRACTICE:** At the end of the day before you go to bed, recall one specific pleasant event and record it on the[Pleasant Events Calendar](http://palousemindfulness.com/practice/week2-informal.pdf)**.**

…Date… Formal Practice Comments (include whether Body Scan or Sitting)

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