Informal Practice Log – Week 7

What was the situation? What process did you use? (Simple Awareness, Mindful Eating, STOP, Soften/Soothe/Allow)	What was going on with you when you thought to do the process? (body, mind, emotion)	What did you notice WHILE you were doing the process? (body, mind, emotion)	What did you notice AFTER you did the process? (body, mind, emotion, action)	What did you learn?
EXAMPLE *I was cleaning the garage and getting frustrated with how long it was taking and decided to use Simple Awareness.*	*I felt frustrated at how long it was taking, hurrying just to get through, thinking "I HATE doing this – I have so many other things to do!"*	*I started to pay attention to the one part I was working on: the pile of tools in the corner, colors, shapes, how it felt to be holding the saw handle.*	*I actually continued with the process for a while. I was much calmer, only focused on what I was doing at THAT moment.*	*It wasn't the job itself which was frustrating, but my thinking about all the other things I had to get done.*