

Daily Home Practice Journal – Session 7

Please record your daily mindfulness practice on this form, remember this week to try to write a letter to your future self. Please use the final column to reflect on anything that came up for you in your practice and to record any additional practices you chose to do that weren't designated as home practice for this week.

Day	Formal practice of your choice (Which practice did you choose?)	3-minute breathing space (How many times did you practice?)	Coping 3-minute breathing space (How many times did you practice?)	Reflections And any additional practices you utilized
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Saturday				
Sunday				