

## Mindfulness Weekly Log with Examples

This log is designed to help you track your mindfulness practices and reflect on their impact. Below are examples of mindfulness activities you can try. Use the spaces provided to record your own activities, time spent, and observations.

### Examples of Mindfulness Activities

1. **Mindful Breathing:** Focus on your breath for a few minutes, noticing the sensation of air entering and leaving your body.
2. **Body Scan:** Bring awareness to different parts of your body, starting at your toes and moving upward.
3. **Mindful Eating:** Pay attention to the flavours, textures, and sensations as you eat.
4. **Walking Meditation:** Walk slowly, focusing on the sensation of your feet touching the ground and your breathing.
5. **Gratitude Reflection:** Reflect on three things you're grateful for at the end of the day.
6. **Mindful Journaling:** Write freely about your thoughts and feelings without judgment.
7. **Five Senses Exercise:** Ground yourself by noting what you can see, touch, hear, smell, and taste.

### Your Mindfulness Weekly Log

Day	Activity	Time Spent (mins)	Observations/Feelings
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			