My Mindfulness Practice Log

Notice, come back, and see what helps. No streaks, no grades.

Name: _____ **Date:** _____

1 My practice log

One line after each practice, formal or informal. Keep it short

Day	Practice and minutes	What pulled my attention	How I came back	Before / after 0 to 10

2 One minute of noticing

Write what is here, in plain words, without good or bad

I see: _____

I hear: _____

In my body I feel: _____

Thoughts passing through: _____

Emotions I notice: _____

3 Everyday anchors

Tick three ordinary moments to bring full attention to

- ☐ First sip of coffee or tea
- ☐ Washing my hands
- ☐ Brushing my teeth
- ☐ Walking to the car or bus
- ☐ Waiting at a red light
- ☐ First three bites of a meal
- ☐ Before opening email
- ☐ Climbing the stairs
- ☐ Getting into bed
- ☐ Hugging someone
- ☐ Listening to one song
- ☐ Other:

4 What I noticed this week

Look back over the log at the end of the week

Times and places where practice was easiest:

What pulled me away most often (planning, worry, replaying, sounds):

What I will keep, and one thing I will change next week:

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My Mindfulness Plan

Small, regular and kind beats long, rare and strict.

Name: _____ **Date:** _____

1 Why I want to practice

What I hope it helps with, in my own words

_____

_____

_____

2 My formal practice

Start smaller than you think: 3 to 5 minutes done daily

- ☐ Breath
- ☐ Body scan
- ☐ Mindful walking
- ☐ Sounds

When and where (right after): _____

How many minutes: _____

3 My if-then anchors

When I ... , I will notice ... for three breaths

When I _____ **I will** _____

When I _____ **I will** _____

When I _____ **I will** _____

4 When my mind wanders, and when to adapt

Wandering is normal. Coming back is the practice

My kind phrase for coming back:

_____

If it brings up panic or flashbacks I will (eyes open, sounds, walk, stop):

_____

5 My 4 week check

At the end of each week: days practiced, average minutes, one thing I noticed

Week 1	Week 2	Week 3	Week 4
Days: _____	Days: _____	Days: _____	Days: _____
Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Noticed: _____	Noticed: _____	Noticed: _____	Noticed: _____

Good to know

1. Not a test or a diagnosis. This page is not the FFMQ, the MAAS or any other published scale and gives no score.
2. The goal is not an empty mind. Noticing you drifted and coming back, kindly, is the skill.
3. Practice can stir up difficult feelings. Adapt it or stop, and talk to a therapist if it keeps happening.

In the US: call or text 988 in a mental health crisis.

I will review this plan with someone on: _____

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