

Tracking Guide Part 1: Beginning Mindfulness Practice

Begin by taking a moment to turn your mind inward and pay attention to what you're sensing and feeling. Because mindfulness grows like a house on a foundation of concentration, you'll need to strengthen and stabilize your concentration in order to practice mindfulness expertly. Find a comfortable place to lie down or sit in a comfortable place and close your eyes. Check your body and notice how it connects to the surface of the bed or floor. Focus on your breathing, counting your breaths – in through your nose and out your mouth. When you inhale, count "1." When you exhale, count "2." If you lose track return to 1 and start again. 10-15 minutes.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Tips:

Begin Day 1 on any day of the week practicing the breathing exercises for 21 days

Allow your breath to find a natural depth and rhythm.

If your mind begins to wander during this exercise, be gentle with yourself. Acknowledge the thought, but push it out of your mind and bring your focus back to your breathing.

If you find the first 21 days a challenge, please continue this section until you feel ready to move to the next.

