

## Tracking Guide Part3: Mindfulness Sensations

Continue to pay attention to the inhalation and exhalation of your breath, slowing your mind to match the speed and rhythms of your body. Once you have become skilled in focusing on your breathing, you can expand your awareness to include more wide ranges of sensations both inside and outside of your body. Begin by following your breathing and then just open yourself to each sensation that arises. Let each sensation arise and pass away in your awareness. You can expand your awareness to include one particular kind of sensation, such as bodily feelings or sounds. Practice spending your breathing time just listening to the sounds around you, without focusing on any sound in particular. Welcome any experience or thought without judgment.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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### Tips:

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

*Follow your breathing and then just open yourself to each sensation that arises*

*Expand your awareness to include your entire sensory field (hearing, seeing, smelling, touching, and tasting)*

*Practice spending your breathing time just listening to the sounds around you, without focusing on any sound in particular*

*Continue to practice and make time for yourself throughout your day*

