

Tracking Guide Part 2: Mindful Breathing

The goal of mindfulness meditation is to develop the full capacity to be fully present for whatever is occurring within the here and now. Continue to practice mindfulness and build on the skills you work so hard to establish in Part 1. Begin this exercise exactly the same way that you did when you were counting your breaths. When you are comfortable, focus your attention on either the sensation of your breath coming and going through your nose and out of your mouth OR on the rising and falling of your stomach as you breathe. Continue practicing for 10-15 minutes.

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

Remember to ground yourself by noticing where your body connects to the surface of the bed or floor

Imagine all tension draining away

If your mind wanders, gently bring it 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.

