

## Mindfulness Meditation Log

You can be mindful without ever meditating, and you can meditate without it be based in mindfulness. Mindfulness meditation is the Venn diagram overlap of the two in which we sit with our experience, gaining increasing awareness of our thoughts, feelings, and sensations by focusing on the present moment. In theory it seems like the easiest thing in the world, in practice it's pretty difficult stuff. If you are incorporating this practice into your life, tracking your experience may be of great benefit for you. This log is designed to help your process. HALTs refer to experiences of being Hungry, Angry, Lonely, or Tired...which can all be barriers to a successful sit. Cockroach Thoughts refer to the self-talk that we are often unaware of during the day that start to bubble up and become more apparent as we become more mindful (e.g., "I'm so dumb, I'm really bad at this.")

Date:	Time of Day:	Length of Sit:
Resistance Level To Starting (Circle One): 0 1 2 3 4 5		
Any Present HALTs:		
Any Emerging Cockroach Thoughts?		
Other Thoughts, Feelings, Sensations, or Experiences To Note:		
Date:	Time of Day:	Length of Sit:
Resistance Level To Starting (Circle One): 0 1 2 3 4 5		
Any Present HALTs:		
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