

Practice and Reflection Log: Training My Active Mind

Practice	Reflect	Observations & Questions
<p>To practice training your active mind with kindness, we invite you to...</p> <ul style="list-style-type: none"> Choose an anchor for your attention and bring your mind back when it wanders. Train your puppy mind with kindness for a few minutes each day. Remember short times, many times. Experiment with Soles of the Feet when standing. Shift from Doing mode to Being mode to close some tabs. 	<p>Consider the following moments to reflect:</p> <ul style="list-style-type: none"> Notice where your mind goes when it gets distracted. Reflect on how it feels when you train your mind with kindness versus frustration. Notice when your "Doing" mode of mind becomes depleting. As you experiment with anchoring your attention in the present moment, notice ways in which this positively impacts your well-being. 	<p>The following may spark ideas for what to note:</p> <ul style="list-style-type: none"> What did you notice? <i>Include thoughts, feelings, bodily sensations, or urges.</i> What insights did you glean? <i>Were there any "aha!" moments? What personal patterns did you notice?</i> What did you find enjoyable? What did you find challenging? When else might you use this? <i>If you found a particular practice useful, how could you be intentional about utilizing it?</i> What questions came up for you?

Concepts: Active mind • Anchor • Magical moment • Puppy mind • Kindness • Doing Mode • Being mode

Day/Date	Practice/Reflect	Observations & Questions	Minutes
Example: Monday 9/17	The breath as an anchor	My thoughts pulled my attention away a lot as I was practicing. Felt breath in my nose and throat. Helped to say breathing in and breathing out. For a few of the last breaths it was soothing. Might be good before bedtime. How do you observe without controlling the breath?	3-4
Example: Monday 9/17	Noticed "doing" mode	When working, thought of all the tabs I had open. Had been in "doing" mode all morning and hadn't been in "being" mode at all. Zoomed in and noticed feeling of my fingers typing. Listened to some of the noises around me. Shift in perspective, not so tense afterward.	2

