

# Going Beyond - First Steps

## Week in Review

Date \_\_\_\_\_

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Did I notice my breath during the week? If I did notice my breath, what times of day did I notice it? In what circumstances? Was there an obvious pattern to my awareness?

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Did I formally sit at all this week? What time or times of day worked best for me? Will I use the same time[s] this week or do I need to try something else?

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Where did my attention go when it was not on the breath? What other things were going on? Was I gentle with myself in coming back to the breath and the body?

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Have any of my daily experiences changed due to increased awareness?

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What intention do I have for myself in the coming week regarding this practice?

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