



THE
POWER OF
PRESENCE

Mindfulness for greater calm, clarity and focus.

MEDITATION JOURNAL

The more you know yourself, the more clarity there is. Self-knowledge has no end - you don't come to an achievement, you don't come to a conclusion.

It is an endless river. – Krisnamurti



WEEK 1

DAY	WHAT THOUGHTS, FEELINGS OR SENSATIONS DID YOU NOTICE DURING THE PRACTICE?
1	
2	"IF YOU CORRECT YOUR MIND, THE REST OF YOUR LIFE WILL FALL INTO PLACE" - Lao Tzu
3	

DAY	WHAT THOUGHTS, FEELINGS OR SENSATIONS DID YOU NOTICE DURING THE PRACTICE?
4	DIDN'T PRACTISE TODAY? NO PROBLEM, JUST START AGAIN TOMORROW...
5	
6	REMEMBER TO TURN ON YOUR G.P.S. WHEN MEDITATING: GENTLENESS, PATIENCE, SENSE OF HUMOUR.
7	

MINDFUL REFLECTION

CONGRATULATIONS on completing this week of the Power of Presence.

Make sure you take a moment to acknowledge your effort this week. This will help you continue to make mindfulness a habit in daily life.

Taking time to reflect at the end of each week will help you consolidate the learning and deepen your mindfulness practice:

1. WHAT WAS YOUR BIGGEST LEARNING FROM THIS WEEKS INTERVIEWS?

2. WHAT DID YOU NOTICE ABOUT YOUR MINDFULNESS MEDITATION PRACTICE AS THE WEEK PROGRESSED?

3. HOW WAS YOUR EFFORT AND COMMITMENT TO PRACTISING DAILY THIS WEEK?

1 2 3 4 5 6 7 8 9 10

1 = UNMOTIVATED (DIDN'T MEDITATE) 10 = HIGHLY MOTIVATED (MANAGED TO MEDITATE EVERY DAY)

4. IF YOU DIDN'T MEDITATE AS REGULARLY AS YOU HAD HOPED FOR, WHAT IS ONE STEP YOU COULD TAKE TO IMPROVE YOUR PRACTICE FOR NEXT WEEK?

WEEK 2

DAY	WHAT THOUGHTS, FEELINGS OR SENSATIONS DID YOU NOTICE DURING THE PRACTICE?
8	"NATURE DOESN'T HURRY, YET EVERYTHING IS ACCOMPLISHED" - Lao Tzu
9	
10	IF YOU'RE GETTING THE HANG OF MEDITATION, YOU MIGHT LIKE TO TRY AND DO IT ALONE IN SILENCE. SET A TIMER AND BE YOUR OWN GUIDE.

DAY	WHAT THOUGHTS, FEELINGS OR SENSATIONS DID YOU NOTICE DURING THE PRACTICE?
11	YOUR OWN POSITIVE FUTURE BEGINS IN THIS MOMENT. ALL YOU HAVE IS RIGHT NOW. EVERY GOAL IS POSSIBLE FROM HERE.” – Lao Tzu
12	
13	
14	

WEEK 3

DAY	WHAT THOUGHTS, FEELINGS OR SENSATIONS DID YOU NOTICE DURING THE PRACTICE?
15	"GREAT THINGS ARE NOT DONE BY IMPULSE, BUT BY A SERIES OF SMALL THINGS BROUGHT TOGETHER." – Vincent van Gogh
16	
17	

DAY	WHAT THOUGHTS, FEELINGS OR SENSATIONS DID YOU NOTICE DURING THE PRACTICE?
18	“WATCH YOUR THOUGHTS; THEY BECOME WORDS. WATCH YOUR WORDS; THEY BECOME ACTIONS; WATCH YOUR ACTIONS; THEY BECOME HABIT. WATCH YOUR HABITS; THEY BECOME CHARACTER. WATCH YOUR CHARACTER; IT BECOMES YOUR DESTINY.” – Lao Tzu
19	
20	“THE MOST DIFFICULT TIMES FOR MANY OF US ARE THE ONES WE GIVE OURSELVES” – Pema Chodron
21	

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WEEK 4

DAY	WHAT THOUGHTS, FEELINGS OR SENSATIONS DID YOU NOTICE DURING THE PRACTICE?
22	
23	
24	"WE ARE HERE TO AWAKEN FROM OUR ILLUSION OF SEPARATENESS" - Thich Nhat Hanh

DAY	WHAT THOUGHTS, FEELINGS OR SENSATIONS DID YOU NOTICE DURING THE PRACTICE?
25	
26	
27	
28	

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WEEK 5

DAY	WHAT THOUGHTS, FEELINGS OR SENSATIONS DID YOU NOTICE DURING THE PRACTICE?
29	
30	
31	

DAY	WHAT THOUGHTS, FEELINGS OR SENSATIONS DID YOU NOTICE DURING THE PRACTICE?
32	
33	
34	
35	

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WEEK 6

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36	
37	
38	"WE ARE HERE TO AWAKEN FROM OUR ILLUSION OF SEPARATENESS" - Thich Nhat Hanh

DAY	WHAT THOUGHTS, FEELINGS OR SENSATIONS DID YOU NOTICE DURING THE PRACTICE?
39	
40	
41	
42	

CONGRATULATIONS!

WHETHER YOU HAVE MEDITATED
EVERY DAY OR NOT, TAKE A MOMENT
TO ACKNOWLEDGE YOUR EFFORT.