

Home Practice following Class 1 (weeks 1 and 2)

1. Practice the *Body Scan* five times before we meet again. (use the audio for guidance). Don't expect to feel anything in particular from the experience. In fact, give up all expectations about it. Just let your experience be your experience. Notice if there is judging. Just keep doing it, and we'll talk about it at the check in.
2. Do 15 minutes of sitting meditation, Awareness of Breath, 3 or more times. (use the audio for guidance). Don't expect to feel anything in particular from the experience. In fact, give up all expectations about it. Just let your experience be your experience. Notice if there is judging. Just keep doing it, and we'll talk about it at the check in.
3. In **week one**, complete the Pleasant Events Calendar, particularly noting body sensations that accompany pleasant thoughts and feelings.
4. In **week two**, complete the Unpleasant Event Calendar. Bring this to Class 2.
5. Choose one routine activity in your daily life and make a deliberate effort to bring *moment-to-moment awareness* to that activity each time you do it, just as you did it during the raisin exercise. Simply zero in on *knowing what you are doing as you are actually doing it*.
6. Eat at least one meal mindfully each day.
7. If you like you can track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.