

## Home Practice following Class I (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 two-week check-in.
2. Complete the Pleasant Event Calendar. We will discuss this at the two-week check in.
3. 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. Possibilities include waking up in the morning, listening to a certain sound or sounds in your environment, bathing, brushing your teeth, driving, taking out the trash, and so on. Simply zero in on *knowing what you are doing as you are actually doing it*.
4. Eat at least one meal mindfully each day, in the way that you ate the raisin.
5. If you like you can track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.