

My Mindfulness Methodology Memos

Overview

This activity is about different mindfulness techniques and how you can implement them with students. However, mindfulness is effective for anyone, not just students. This tracking sheet is intended to help you practice and track your own mindfulness journey as you complete the course. You are encouraged to try the different techniques in the course by yourself and with your family, friends, and, naturally, your students. In the end, this sheet is for you. Its purpose is to help you develop your own mindfulness routine.

Instructions

Each week, add a new row to the chart and track your journey, concentrating on what you like, what you don't like, and what you want to keep doing.

Technique Name					
Date, Time, and Duration of Implementation					
How It Made Me Feel					
What I Liked/ Did Not Like					
Will I Keep Using It?					