

# 14 Day Mindfulness Log

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	Describe your mindfulness practice today. What did you do? How much time did you spend?	Reflect on the mindfulness practice. How did it go? Was it difficult to find the time? What worked? What didn't?
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		

	Describe your mindfulness practice today. What did you do? How much time did you spend?	Reflect on the mindfulness practice. How did it go? Was it difficult to find the time? What worked? What didn't?
<b>DAY 6</b>		
<b>DAY 7</b>		
<b>DAY 8</b>		
<b>DAY 9</b>		
<b>DAY 10</b>		

	Describe your mindfulness practice today. What did you do? How much time did you spend?	Reflect on the mindfulness practice. How did it go? Was it difficult to find the time? What worked? What didn't?
<b>DAY 11</b>		
<b>DAY 12</b>		
<b>DAY 13</b>		
<b>DAY 14</b>		

# After the 14 days, answer the following questions:

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1. What worked for you?

2. What didn't?

3. What will you continue trying to do?

4. What will you change?

5. Did you notice any changes in your classroom (if applicable) and/or personal interactions? (Remember that mindfulness is about non-judgmental awareness, so try to have an open mind as you are analyzing your experience.)